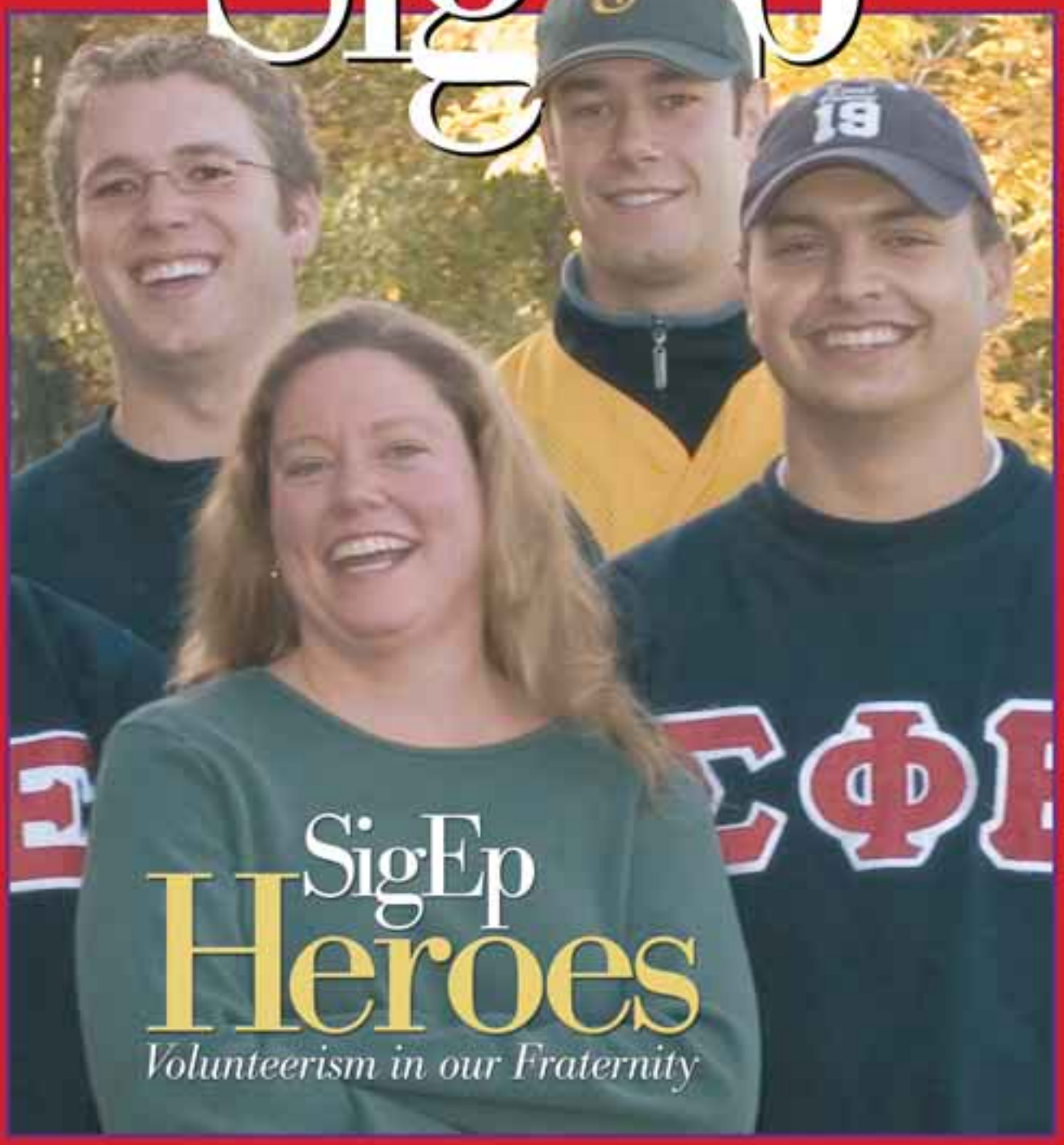
The Journal of Sigma Phi Epsilon • Winter 2004

SigEp



SigEp Heroes

Volunteerism in our Fraternity

Also in this issue:

The SigEp Network – A Chapter Directory

Grand President James F. Robeson, Cincinnati '59, lives with his wife, Teddi, in Oxford, Ohio, where he was Dean of the School of Business Administration at Miami of Ohio University. Before being elected Grand President at the 2003 Grand Chapter Conclave, Brother Robeson served as the Grand Treasurer on the National Board of Directors for six years.

The Volunteer: SigEp's Heroes

Dear Brothers and Friends of Sigma Phi Epsilon:

Volunteering has a special emphasis in our society. When you think of someone who volunteers you may picture a soup kitchen or the Red Cross. If you are on a college campus, you may picture a Habitat for Humanity project. In other words, people helping others who are less fortunate. In Sigma Phi Epsilon, volunteering means something very different than mainstream society.

Our volunteers are individuals, often alumni, who provide guidance to our chapters. They are role models. When a chapter has questions, volunteers have answers or know those who do. Day in and day out there are SigEps, parents, community leaders, faculty and many others who help shape the lives of our undergraduate brothers. Why do they do this? What do they get out of the experience? Our feature on SigEp volunteers tells the story of a handful of these dynamic individuals and how their involvement makes SigEp a better experience for that campus. They are not paid. They give up their time and talents to make a difference. Some of them have volunteered for years. You will hear how they cultivate leadership within the chapter and how they help young brothers come into manhood. You will see how they have changed the culture within a chapter. You will be inspired and hopefully you will be moved to join our growing list of volunteers.

Typically SigEps think that we should only volunteer with our home chapter. If you are miles from your alma mater you are welcome to volunteer with the nearest SigEp chapter. Another misconception is that all volunteers are alumni. Volunteers do not need to be SigEps-they do not need to be male. You will read compelling stories of parents and women who work with our chapters. Without volunteers, the job of being the best college fraternity in the country becomes impossible. And yet there are some chapters where only one volunteer works with the chapter. There are some chapters where no one volunteers. If you read this and decide you want to volunteer with a local chapter, this issue of *The Journal* will help you get in touch with a local chapter and highlight some of the online resources available at *www.sigep.org/volunteering*.

There is a network of volunteers known as District Governors. These special brothers have a number of SigEp chapters in their district. DGs are responsible for finding new volunteers and training existing ones to work with local SigEp chapters. Their contact information is included in this issue, along with the contact information for each of our 259 chapters. Our intent is for you to find a local chapter to volunteer with. Not sure what is expected of a new volunteer? There are resources at your fingertips to let you know what is expected.

The Ultimate SigEp Experience

August of 2005 marks the 49th Grand Chapter Conclave in Nashville, Tennessee. It is time to make plans to join over 1,300 SigEps from all over the world to celebrate our brotherhood. Each chapter will send a voting delegate to pass legislation to guide our Fraternity for the next two years. Finally, there will be education and guest speakers, including Erik Weihenmeyer, the first blind person to climb Mount Everest. We have many exciting things happening in Sigma Phi Epsilon. Do not miss this opportunity to reflect on your fraternity experience.

Fraternally,

James F. Robeson

"Tis the sorest of human ills, to abound in knowledge and yet have no power over action."

— Herodotus

The Journal of Sigma Phi Epsilon

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The Journal

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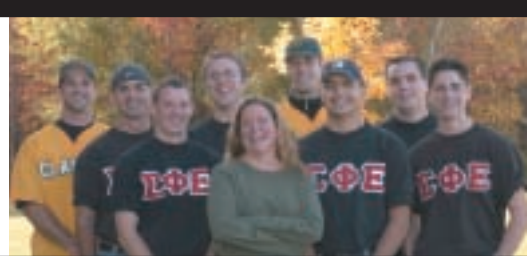
Next Issue

Recruitment

"Recruitment is the lifeblood of the Fraternity." "Recruitment happens 365 days in the year." "Our house rushed the best guys on campus." "More men have joined SigEp than any other fraternity for the past 25, 26, 27 years." These are the slogans, but are they true? How has recruitment changed in the past 10 years? The next issue of *The Journal* will dissect the issue and will show you how you play a role in the continued growth of our Fraternity.

On the Cover

Kate Tessier is the Chapter Counselor for the New York Chi Chapter at Clarkson University. She is seen here with SigEp undergraduates on campus.



Get Published!

The Journal **accepts submissions year-round. If you have news, letters or photos, please send them to:** ***The Journal*****, P.O. Box 1901, Richmond, Virginia 23218 or** ***journal@sigep.net.***

Forum

COMMENTARY FROM AROUND THE COUNTRY

Stereotype Defied at Cal

By David R. Berneman,
Cal-Berkeley '06

When I imagined what a fraternity was like as a child, I always envisioned a group of clones only getting along because they were all identical copies of each other. If you've ever seen "Revenge of the Nerds," you know what type of guys I'm talking about. Guys like the ones from Alpha Beta were the type that chugged beers, harassed girls, made fun of the academic types and sat around to talk only about sports. When I joined Sigma Phi Epsilon at Berkeley, I feared that I might have gotten myself into the same scenario I recalled as a kid. I knew a few of the guys when I first entered the Fraternity. Most of them seemed down to earth, nowhere near the stereotype I had fathomed as a child. However, I was still worried.

A year into the Fraternity now, I realize the label I had constructed for fraternities did not belong to my own. We all got back from summer break nearly three weeks ago and everyone was informally discussing what he had done over the summer. I was astonished to hear how varied everyone's experiences had been.

Some guys worked for huge financial companies in San Francisco, while others worked for real estate firms in Los Angeles. A few brothers took the civil servants route working for the Democratic Party in Washington, D.C., while someone else worked for the city-planning department in Los Angeles. Everyone had accomplished something different. We had some people travel to Europe for a few months, while others traveled to Asia to visit family. Another guy was an alcohol and drug awareness counselor giving speeches throughout the Bay Area. One brother apprenticed under a world-renowned Japanese flute maker in Northern California. And there was even another brother who directed two plays while having the time to take some rigorous classes at UCLA.

Brother Alex Randolph, Cal-Berkeley '05 with Democratic Vice Presidential candidate John Edwards

Our Sound Body Chair, **Matthew Johnson, '05**, started his own online company selling health goods and still had time to climb Mount Whitney, the tallest mountain in the continental United States. According to Matt, he wanted to get to the top of Whitney because it was there, because it was a challenge he and his girlfriend decided to face together. He even

A Brother Born for Adversity — An Open Letter

Brothers,

I'm sure all of you have now heard the news regarding the tragic fire at the Ole Miss ATO fraternity house on August 27. The fire claimed the lives of three brothers, including my good friend, Jordan Williams. In the wake of an event as unimaginably horrible as this, we are left stunned; not only mourning the loss of a friend, but also looking for some hint of a reason or divine explanation of why such a tragedy occurred. As news footage played of the surviving ATO brothers looking on as firefighters picked their way through the remaining cinders of their home, we felt both a deep sorrow and an undeniable familiarity with the scene. In the Bible, it is written, "A friend loves at all times, but a brother is born for adversity." These men faced ultimate adversity as they truly lost everything along with three of their brothers; yet, in the midst of hopelessness and despair, they learned their brotherhood was indeed real and drew strength from it. It is easy to forget how each and every SigEp is blessed to be here, in the presence of his brothers. We have not been faced with any single catastrophe that has forged our brotherhood from necessity; but rather, we have had the luxury of building a fraternal bond out of common ideals and goals. Along with our prayers and efforts to console the families of the victims and those closest to them, there is a horrible but real sense of gratitude that we are really only bystanders to this tragedy and have been spared from living this nightmare. If there is any good that can be gleaned from the ashes of the ATO house, it is a poignant lesson that nothing we have here can be taken for granted. You must not wait for disaster to strike before you learn what it is to be a brother and you must never forget what it means to say, "It's great to be a SigEp."

Jon-Michael Etienne Caldwell,
Georgia Tech '07

"Spending eight days with everything you need on your back and nobody else around really makes you stop and think, or not think if you understand what I mean."

— Matthew Johnson, Cal-Berkeley '05, Sound Body Chair

went so far as to climb the mountain from the west side (the one less traveled) rather than the busy east side. The trip took Matt eight days to complete and was a true test of one's physical fitness and ability to persevere through tough physical conditions. "The entire trip sort of re-connects you with 'reality.' I think backpacking can teach us a lot of things, one of which is to just slow down and accept life at times. I often find myself pushing so hard to become a better or more Balanced Man, but that too, can throw you out of balance. Spending eight days with everything you need on your back and nobody else around really makes you stop and think, or not think if you understand what I mean," he said.

The accomplishments each man completed over the summer undeniably proves that my impression of fraternities was completely incorrect. To my surprise, there are actually fraternities out there, unlike those Alpha Beta guys, that can achieve great things other than drinking a case of beer in one night.

"A man's character is his fate."

— Heraclitus

LETTERS TO THE EDITOR

Summer Issue Exceptional

In my daily activities, it is rare that I have or take time to read something from cover to cover. Although I always try to get to as much of *The Journal* as possible, this last edition (Summer, 2004) was exceptional. I took it home last night along with some "work reading" and never got to the work stuff. This was an excellent issue, and you need to know that someone out here appreciates what you have been doing with this publication. It is honest, refreshing, and one of the few things I look forward to when it hits my in-box.

Victor K. Wilson, Georgia '82
Vice President for Student Affairs
College of Charleston

Chapter Rankings Bias

I want to express my disappointment with the recent *Journal* rankings. First of all, I feel like ranking the chapters like that is relatively unproductive and is begging to bring up unnecessary errors and anger.

Second of all, the methodology was incredibly flawed. To create a base number by using an average manpower/year number greatly penalizes any chapter that existed during the wars and depression. The end result is to have a chapter like Yale, which I am sure is a great chapter, end up #1 simply because they only existed for one year and get a base number of 51. While you look to use historic figures for manpower, you don't do the same for Student Body Presidents (SBP), varsity athletes, Fraternity of the Year Awards. The end result is greatly hurting older chapters.

Additionally, the rankings say we have no varsity athletes, no SBPs, and no Fraternity of the Year Awards. All of this is incorrect and greatly changes the rankings. If Headquarters is so set on ranking all of our chapters, it would have been better if the research were more accurate.

Dan Gilman, Carnegie-Mellon '04

Editor's Note: *The only historic data Headquarters has on a chapter is its manpower. Academics, Student Body President, IFC President, etc., must be reported to Headquarters in order to be counted in this and future chapter rankings. Regional Directors work with local chapters to collect this information. In addition, any updates can be sent to journal@sigep.net. For a list of chapters who submitted information since the last issue see page 32.*

Wheelhouse Precisions

I think it's great that so many SigEp chapters do so well in terms of GPAs. But that said, it's also disingenuous for *The Journal* to create a ranking that lauds four schools for having cumes over 3.5, but then does not indicate where any of those four chapters rank with respect to other fraternities on their campuses. Most of the elite universities are absolutely notorious for grade inflation these days, so about the only true measure of relative merit is rankings on campus. Duke, for example, is way up at 13 in the ranks, yet is ranked at 10 out of 14 fraternities on its campus. See what I mean? It'd be worth trying harder to get chapters' rank on campus, or, at the very least, to tell readers that they refused to provide it, if that's the case.

Bill Horne, Cornell '81

Editor's Note: *We agree Bill and are trying to do what you suggest. Unfortunately not all campuses compile an academic report showing SigEp's rank compared to other fraternities on campus. Instead, they supply SigEp's GPA only. Some campuses do not provide any academic report. In those instances, the Chapter President provides a roster from the campus Registrar's Office showing each brother's GPA. This information is sent to Headquarters for verification.*

Correction:

In the summer issue of* The Journal*, the New York Epsilon Chapter at the University of Buffalo was listed under the wrong athletic conference. The University of Buffalo is a member of the Mid-American Conference. See page 32 for the corrected listing.

Red Door Notes

CHAPTER HOUSE PROFILES

The tradition of the red door on Sigma Phi Epsilon chapter houses began on the campus of Syracuse University, New York Alpha in 1928. Today, nearly every Sigma Phi Epsilon chapter home has a red door to welcome SigEp brothers. The original house and red door is pictured to the right. This building is now the International Students Center, and Sigma Phi Epsilon has another magnificent home for its red door.

Connecticut Alpha—Connecticut

- The university recently bought the former SigEp chapter house as part of a campus renovation. In the Fall of 2003, the school built this three-story property for the chapter to live in. It is part of a Greek-village with 16 groups (fraternities and sororities) living in the same style housing.
- Our house sleeps a total of 30 men in 15 rooms with five rooms per floor. There is wireless, high-speed Internet throughout, and an office with filing cabinets, a desk and computer. Plans are to have a faculty member hold office hours in the chapter house.
- In addition to a chapter room with leather couches and a big-screen television, there are two volleyball courts and a full basketball court for members to use. There is a residence hall assistant on-call 24 hours.

Georgia Alpha—Georgia Tech

- Built in March of 1964, this chapter house sleeps 38 men. There is an apartment occupied by the Resident Scholar.
- The chapter recently removed a bar in the basement, replacing it with a conference room complete with computers and Internet access.
- In the Summer of 1996, the chapter house was part of the Olympic Village. It housed the coaches and teams from Luxembourg and San Marino. Many of the volunteers and undergraduates at the time transported their guests around the Olympic Village.

California Beta—Southern California

- This property was purchased in the Spring of 1997 and recently underwent a substantial renovation. It included converting two rooms into a chapter room and new bathrooms throughout.
- With the new changes to the chapter house, it sleeps 27 men and has a full basketball court in the backyard. A kitchen was added recently. The dining room has chairs and tables. French doors were added to the downstairs.
- Each year the Parent's Club has a work day with the chapter. Everyone pitches in to do landscaping and minor repairs.

Ohio Iota—Toledo

- Part of the McComas Greek Village, SigEp moved into this university owned facility in 1990. In 2000, SigEp became the first chapter on campus to become a substance-free facility. That decision was expected to be a failure, but now all sororities and three fraternities have followed.
- The facility sleeps 21 men and has three floors and a basement. On the first floor is a formal room, kitchen and dining area, and an informal area.
- The basement is where chapter meetings are held on stadium-style seats. It also has an area for a big screen TV, a recreation area with a pool table, a kitchen area where the bar used to be, and a chapter office area. The area is being converted into the office for the faculty advisor. It will contain cubicles for studying along with computer, and printer to serve the wireless house installation and fax machine.

Marshall Brothers Help Take Conference Title as SigEps Spring Into Action

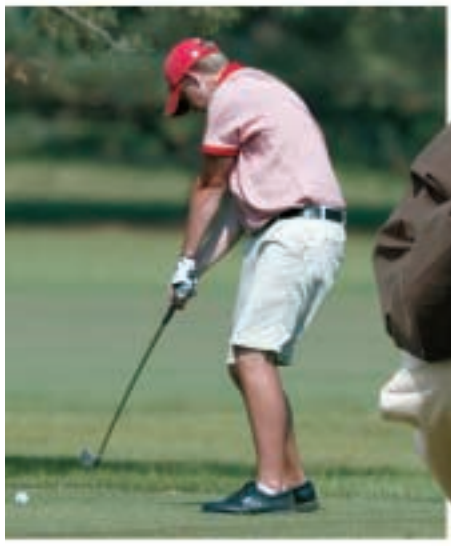
BY JAY LANGHAMMER

Golf

Four SigEps helped lead **Marshall** to its first-ever Mid-American Conference title. Named to the All-MAC first team was W. Burke Spensky, '04, who tied for sixth (217, including a 69) at the MAC meet. He was MAC Golfer of the Week after tying for second (210, including a 68) at the Marshall Invitational and averaged 74.91 over 32 rounds. Bradley B. Tweel, '06, tied for 30th (228) at the MAC meet and averaged 76.87 over 32 rounds (low of 69). Jeremy Graham, '06, also played in the MAC meet and averaged 77.70 for 18 rounds. Derek A. Hurwitch, '06, averaged 77.87 over six rounds for Marshall.

Playing in the Southeastern Conference meet (230) was Jarrod R. Gardner, '04, of **Mississippi**, who averaged 75.21 over 28 rounds (low of 70). He was named to the SEC Good Works Team for his numerous community contributions. Craig M. Tautges, '05, of **Bradley** tied for 16th (228) at the Billiken Invitational and was 34th at the Missouri Valley Conference meet. Teammate Josh Brown, '06, was named Missouri Valley Conference Golfer of the Week after earning medalist honors at the October Ironhorse Intercollegiate. As part of his 219 strokes total, he shot an eagle on the 350 yard, par four ninth hole in each of the three rounds. Other players on Division I team rosters included Kyle A. Hougham, '06, of **Iowa**; Jonathan A. Kropski, '04, of **Davidson**, who tied for 21st at the CSU Spring Invitational; Kevin M. Vucinich, '05, of **Jacksonville**; and W. Matt Stout, '07, of **Toledo**.

Earning Division II All-American honorable mention for **Washburn** was team MVP Matthew D. Warnock, '06.



Josh M. Brown, Bradley '06, was named Missouri Valley Conference Golfer of the Week. He shot an eagle on the 350 yard, par four ninth hole in each of the three rounds.

W. Burke Spensky, Marshall '04

He placed 12th (298) at the Division II meet, was the team's top shooter with a 74.9 average over 29 rounds, and was co-medalist (221) at the MIAA meet won by Washburn. Also seeing action was teammate Craig R. Fisher, '07. Playing in the Division III meet for **Denison** was William J. Hallan, '04, who tied for 16th at the NCAC meet. Scott M. Voelker, '05, was the top shooter for **Westminster** at the PAC meet and Division III Mid-Atlantic regional meet. Teammates Gary C. McGovern, '06, and Kevin R. McCreary, '04, also saw action.

Jeremy Graham, Marshall '06

Craig M. Tautges, Bradley '05

Bradley B. Tweel, Marshall '06

Monmouth regulars Matthew D. Hawkins, '05, and Jefferey D. Denny, '07, tied for fifth at the MWC South meet and Matt tied for 10th at the MWC meet. Other SigEps on the links included Timothy C. Nickels, '04, of **Davis & Elkins**, John Mark Spicer, '06, of **Lambuth**, Gregory A. Prymicz, '05, of **Ohio Northern**, Kevin D. Priest, '05, of **John Carroll**, Chuck Golden, '05, of **Baker** and the **Huntingdon** duo of J. Tyler Cobb, '05, and Brandon T. Shrout, '07.

"We know what we are, but know not what we may be."

— Shakespeare

Scott A. Simpson, Columbia '05

Track and Field

Gregory G. Sewell, '04, of **Georgia** placed seventh in the SEC outdoor decathlon with 6,664 points. As a javelin thrower, his best toss of 168-0 was sixth at the Spec Towns Invitational, and he ran a best of 49.96 over 400 meters. Teammate Kelly C. Basinger, '04, was also a decathlete on the Bulldogs squad. Competing at the Big East meet for **Rutgers** was Xavier F. Mendez, '04, who was part of the fifth place 2,400 meter relay outdoors and the distance medley relay indoors. Mark B. Middaugh, '06, was part of the **Duke** 3,200 meter relay and Benjamin R. Gaspar, '04, of **Davidson** placed 14th at 3,000 meters during the Southern Conference meet.

Matthew S. Mulvaney, '04, of **Miami** (Florida) placed ninth in the 10,000 meter run with a school record 30.29.44 time at the Big East outdoor meet. He also posted the team's top times for 3,000 meters (8:38.43) and 5,000 meters (14:47.14). Matt won the Hurricane Invitational 3,000 meter event and was joined on the squad by Billy Bludgus, '05, who ran the 3,000, 5,000 and 10,000 meter events. Decathlete Cody A. Rushing, '07, of **Memphis** collected 5,680 points at the Conference USA meet and was on the Conference USA Commissioner's Academic Honor Roll. Pole vaulter David C. McCall, '05, had a best of 13-6 for **Western Carolina**.

Eric P. Scrivner, Johns Hopkins '05

The **Valparaiso** squad featured two SigEp stars. At the Big 10 Preview Invitational, Matthew K. Larson, '04, set a school record in the hammer throw (143-9) and had a 10th place finish at the Purdue Open. Kristopher R. Schmautz, '06, placed third in the javelin (169-4) at the Mid-Continent Conference meet and was fourth at the Purdue Open. Ryan Newcom, '05, competed in the long jump and 100 meter dash for **Bucknell**. Other Division I trackmen included steeplechase runner Scott A. Simpson, '05, of **Columbia** and **Dartmouth's** Brian V. Lananna, '06.

Placing third in the 110 high hurdles at the RMAC outdoor meet was Alvah C. Stahlnecker, IV, '06, of **Nebraska-Kearney,** and shot putter Christopher D. Carsten, '07, of **Missouri-Rolla** competed at the MIAA meet. Good distance runners for **Florida International** were Jimmy W. Josko, '05, and Justin L. Boileau, '07. A good contributor at **North Dakota** was middle distance runner Cameron G. Felton, '06. Ryan D. Moll, '04, was on the **Monmouth** 1,600 meter relay which won the MWC meet and went to the NCAA Division III meet. He also placed second in the 400 meter dash at the MWC meet.

Adam D. Hadbavny, '06, of **Westminster** won the PAC discus and shot put while placing third in the javelin. He was PAC Athlete of the Week after winning the discus and javelin at the Titan Invitational. At **Moravian**, four SigEps were big contributors. Scott T. Silvoy, '05, was on the winning MAC 400 meter relay and placed third in the 100 meter run. Daniel A. Corey, '05, placed second in the decathlon (5,709 points) at the MAC meet, and Shawn B. Nelson, '05, was fourth in the MAC hammer throw.

Matthew K. Larson, Valparaiso '04

Joseph J. Grady, '04, placed 10th in the MAC 3,000 steeplechase. Jacob J. Mullins, '04, of **Lynchburg** placed fourth in the ODAC javelin throw (176-9).

Distance runner Gregory N. Adams, '06, of **John Carroll** took first place honors in the OAC 800 (1:53.90), finished second at 1,500 meters, and was on the third place 3,200 meter relay. Joshua Suffel, '06, of **Ohio Northern** had the team's top 400 meter high hurdles time and placed eighth at the OAC meet. Also competing at the OAC meet was steeplechase runner Jason R. Ream, '04. Placing ninth in the Centennial Conference 3,000 steeplechase was Eric P. Scrivner, '05, of **Johns Hopkins**.

Brett Weir, '06, led a large group of SigEps on the **Baker** squad by placing seventh in the 110 high hurdles (14.58, just missing All-American status) and ninth in the decathlon (6,103 points) at the NAIA outdoor meet. Aaron A. Wright, '06, set a school record of 7.33 in the 60-meter indoor dash. Other good Baker trackmen were hurdler Zack T. Middleton, '06, and pole vaulter Benjamin I. Harp, '05.

Baseball

Earning All-MIAA honorable mention for **Washburn** was pitcher J. Jacob Loveless, '06, who had a 6-1 record and 3.20 earned run average. He pitched a six-hit shutout over Pittsburg State to earn MIAA Pitcher of the Week honors. Leading the **Missouri-Rolla** staff was Timothy J. Walter, '04, who had a 5-4 record with 45 strikeouts in 15 games. Teammate Zachary J. Hawks, '04, started 47 games at shortstop, batted .241 (32 of 133) and scored 26 runs. Everett R. Brower, '06, was the top hurler for 25-16 **Christopher Newport**. He had an 8-4 record, 3.08 ERA and 67 strikeouts in 84.2 innings.

Five SigEps contributed to the successful 31-7 **Denison** season. Shortstop Brian J. Regan, '04, was a leading NCAA Division III hitter with a .422 average (57 of 135), four home runs, 24 runs batted in and 13 stolen bases. He was named to the All-NCAC and All-Mid East Regional first teams. Pitcher Dallas J. Puskar, '06, had a team best 2.48 ERA in 18 games, with 25 strikeouts in 29 innings, and Harry G. Shillingford, '05, was in 10 contests, striking out 28 batters in 28.1 innings. Second baseman Brian P. Mulcahy, '05, hit .278 (25 of 90) and outfielder John H. "Tripp" Dudley, III, '05, played in 18 games.

WPI second baseman Nicholas D. Angelini, '06, was an All-NEWMAC first team pick and team Most Valuable Player. He led the squad with 47 hits, 42 RBI, 35 runs scored, 14 doubles, eight homers and a .731 slugging percentage while ranking second with a .395 average (47 of 119). Four-year regular and WPI co-captain James R. Buonomo, '04, was second with 28 RBI and hit .303 (37 of 122). He had a seven RBI game versus Coast Guard to earn WPI Athlete of the Week honors. Other teammates were outfielder William H. Flaherty, '06, who batted .337 (29 of 86) with 21 runs, and outfielder Brendan Roche, '06, who hit .294 in 17 games.

The 23-17 **Ohio Wesleyan** squad featured four SigEp players. Outfielder Michael T. Albert, '05, led with 33 runs scored and 18 stolen bases while batting .308 (36 of 117). Batting .362 (25 of 69) with 13 RBI was outfielder Matthew E. Strasburg, '05, and outfielder Byron L. Lowe, '04, was a .273 hitter (15 of 55) with three home runs. Seeing action behind the plate was Paul M. Suhar, '05, who hit .286. A top player for **Clarkson** was outfielder Giovan V. Scialdone, '05, who led with three home runs and a team high .319 average (23 of 72). Teammate Chad Sydor, '04, hit .253

Chad Sydor, Clarkson '04

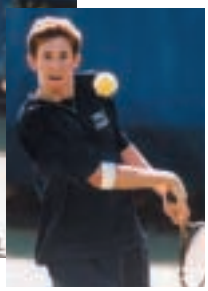
Brian P. Mulcahy, Dennison, '05

(21 of 83) in the outfield. **Huntingdon** outfielder J. Trey Howard, '07, hit .337 in 13 games.

Pitcher Brenton Gilmore, '05, who posted a 3-2 record, was the top SigEp player among six on the **Westminster** squad. Also seeing action were infielder Mark N. Francazio, '06, who batted .320 in 18 contests; outfielder Anthony J. Carna, '06 (.250 in 14 games); and pitchers Craig T. Rechichar, '04 (10 games), and Jason M. Mackey, '06 (11 games). Other players during the spring were **St. Joseph's** pitcher Daniel A. Henry, '05; the **Baker** trio of pitcher Mike Clark, '06, pitcher Kyle Metzger, '06, and infielder-pitcher Cassidy Thompson, '06; **Susquehanna** pitcher Joseph A. Guistina, '04; and **Lambuth** infielders Matthew R. Bucher, '06, and Nathan B. Cantrell, '06.

One of the top hitters in the National League was Cincinnati Reds first baseman Sean Casey, **Richmond** '96, who batted .324 (185 of 571) in 146 games. He scored 101 runs and drove in 99, to go with his 44 doubles and 24 home runs. Seeing action for the Chicago White Sox and Montreal Expos was pitcher Jon Rauch, **Morehead State** '00. Kevin Jarvis, **Wake Forest** '91, pitched for both the Seattle Mariners and Colorado Rockies. Serving as pitching coach for the Texas Rangers again was Orel Hershiser, **Bowling Green** '80.

Johny Lu, Yale '05



Rowan Reynolds, Yale '06

Tennis

Ryan M. Sherry, '06, was a regular for the **Florida** team that advanced to the NCAA quarterfinals. His singles record was 22-13 and he was 12-6 in doubles play. Playing in the NCAA playoffs again for **Southern California** was Parker A. Collins, '03, who had a 13-10 record at #3 doubles. After helping lead **Central Florida** to the Atlantic Sun Conference title, Rhett Rosen, '03, and Paul M. Ramy, '06, played in the NCAA regional playoffs. **Wisconsin** co-captain Scott Green, '04, posted a 17-13 record in doubles play.

Five SigEps were on the **Yale** team. Rowan F. Reynolds, '06, played in the fall ITA Northeast meet and won the Flight B singles competition at the Columbia Invitational. He played #1 doubles and #4 singles. Playing #3 doubles and #6 singles was Neil S. Tolaney, '04. Teammate Johnny Lu, '05 also saw action for Yale at #6 singles. Brett W. Warner, '04, was 13-8 in singles for the **George Washington** team that went to the Atlantic 10 finals. Antonio A. Aniello, '06, was 8-8 in singles for **St. Joseph's** and teammate Robert N. Cappelli, '05, also saw action.

Luke F. Backhaus, '06, and Michael R. Saniuk, '04, were regulars and helped lead **Nebraska-Kearney** to the RMAC title and NCAA Division II playoffs.

Earning All-Centennial Conference honors for **Muhlenberg** was #1 singles player Jeffrey A. Kraft, '05, who had a 12-4 record. Teammate Brad D. Gutwillig, '06, was 8-4 in singles play. Stephen Kane, '06, of **Susquehanna** earned All-PAC second team honors and was 6-4 in singles. A fine player for **Case Western Reserve** was Steven Hsu, '06, who was 13-6 in singles and 14-7 in doubles.

Corey J. Sacca, '05, of **Westminster** was 6-3 at #1 doubles and was 5-4 in singles play. Other SigEps on their school tennis squads included Jason Girardin, '06, of **Drake**; regulars James M. Jordan, '07, and Brian C. Jordan, '07, of **Monmouth**; Patrick Murphy, '07, of **Christopher Newport**; Chad J. Mynthier, '05, of **Tri-State**; Sean A. Schoenmaker, '05, of **MIT**; and **Baker** #2 doubles regular S. Joe Ahmadian, '07.

Other Sports

Starting every game for the 8-5 **Dartmouth** lacrosse team was goalie Andrew S. Goldstein, '05, who was named to the All-Ivy League second team. He posted 143 saves with a goals against average of 7.71 per game. Also seeing action were teammates Sean M. Anthony, '06, and Brandon J. Charles, '05. Midfielder Ryan Goodman, '05, led **Bucknell** with 68 ground balls and won 145 of 283 face-offs. Teammate Michael C. Abou Jaoude, '06, started 10 games as a defenseman and posted 16 ground balls.

Patrick R. Cantwell, '04, was a member of the **Dartmouth** heavyweight crew squad that went to the grand final of the IRA Regatta.

Ryan Goodman, Bucknell '05

Does your chapter have Varsity Athletes?

Every issue, *The Journal* reports on Varsity Athletes, but we need your help to include everyone. If your chapter has athletes report them to The Journal via email at **journal@sigep.net**. Be sure to include name, graduation year and sport.

Scholar Athlete Focus

BY E. SCOTT THOMPSON, II,
Southern Mississippi '99

A common belief *is that recruiting varsity athletes for the sake of varsity athletes does not necessarily add any value to a SigEp chapter. Athletes are too busy with their sports to be contributing members of SigEp, so why even bother recruiting them? The following profiles will hopefully answer that. A varsity athlete who does not have a high GPA does not add value to a chapter, but a Scholar Athlete does. A Scholar Athlete has a high GPA, and is the epitome of the Balanced Man, one who develops his mind and body. The brothers profiled at right go a step further and are officers in each of their chapters. Here are their thoughts on how involvement with SigEp has made them better men.*

"But We Can't Recruit Athletes. The Coaches Won't Let Us."

One hears that from some chapters. Scholar athletes are not just going to join your chapter. Coaches are smart. They have seen the frat-boy stereotype since their days as undergraduates. How can you expect to recruit these men into your chapter when poor scholarship, behavior problems, and apathetic attitudes plague the Greek system? Booze, drugs, hazing? No, thank you. Fraternities have done themselves in…except for SigEp, most of the time.

Does your chapter have the highest GPA on campus? Does your chapter recognize the Balanced Man Ideal with its Balanced Man Scholarship? Is there a member of the faculty volunteering with

BY THE NUMBERS

Who: Brian P. Mulcahy, Denison '05
Sport: Baseball
Office: President
Major: History
GPA: 3.44 (highest on the baseball team)
Chapter: Ohio Tau
School: Denison
Chapter GPA: 2.97
Chartered: 1998
Total Lifetime Members: 159
Current Undergraduate Membership: 57

Brian P. Mulcahy "Upon entering into SigEp, I knew very early on that I wanted to be a leader. However, I frequently questioned whether I could put enough time into it being a varsity athlete. After discussions with many brothers, I ran for the executive board and was elected. The fact that my brothers knew about my athletic commitments and still believed I could lead Ohio Tau was very inspiring. My membership and role in the Fraternity has definitely made me a better scholar athlete because of my desire to live up to our Fraternity's values and expectations. When I was being recruited as a freshman, I was really impressed with our Balanced Man Ideal, and I knew right then and there that I wanted to be a SigEp. Balancing my time between SigEp, school, and baseball has made me into the person I want to be. There has been nothing more fulfilling in my college career than being President of our chapter. And, having my brothers is priceless…especially after a long day at the field with a few strikeouts."

Brandon J. Charles "It has been very challenging to balance the responsibilities of both lacrosse and being SigEp's Chaplain with my studies and personal life at school. My time management skills have improved as a result, and it has been very fulfilling to successfully undertake these challenges. Being a brother and being a teammate have several things in common. I have learned a lot about discipline, responsibility, and humility from my experience as a lacrosse player, and as Chaplain I have tried to effectively communicate these lessons to my brothers. As a brother, I have learned a great deal about understanding and bringing together many types of individuals, and I have tried to communicate these lessons to my lacrosse teammates. My roles as Chaplain and a varsity lacrosse player are mutually reinforcing, and my acceptance of both roles has pushed me to perform each at a higher level than I otherwise would have."

your chapter? Are parents volunteering as well? If you live in a chapter house, is it clean? Is it substance free? Does your chapter provide an environment where "it is easy for a man to do well and difficult to fail?" If you can answer yes to these questions and, more importantly, articulate our difference to a coach, who is measured by the performance of his team on the field, the percentage of his athletes who graduate and get a degree, and the behavior of each man, then you can recruit scholar athletes into SigEp. SigEp is different. We are providing an experience that will enhance the undergraduate experience of the scholar athlete.

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

— John Q. Adams U.S. President

Brandon J. Charles '05 (#29) with Andrew Goldstein (goalie, class of 2005)

BY THE NUMBERS

Who: Brandon J. Charles, Dartmouth '05
Sport: Lacrosse
Office: Chaplain
Major: Economics with an emphasis on International and Public Economics
GPA: 3.13
Chapter: New Hampshire Alpha
School: Dartmouth
Chapter GPA: 3.46
Chartered: 1909
Total Lifetime Members: 1,463
Current Undergraduate Membership: 100

The creator of the sport of basketball (and SigEp Brother) is memorialized with the...

Naismith Wall at Kansas

By Daniel S. O'Neill,
Kansas '08

There have been few men who have single-handedly changed the face of sports. Over 100 years ago, Dr. **James S. Naismith, Kansas '23**, became one of those men. Assigned the difficult task of inventing a game in two weeks time that would provide "athletic distraction" for a rowdy group of young men over the winter months, Dr. Naismith combined his ideals with a number of other sports of the time and composed a game he called basket ball. However, it is reported he didn't even conceive "basket ball" until the day before the deadline. Perhaps even more impressive, the original 13 rules were not written until an hour before his class. Although nearly every aspect of the game has evolved over the past century, including the way we now write the word (Naismith wrote it as two words), the game remains the product of Naismith's invention.

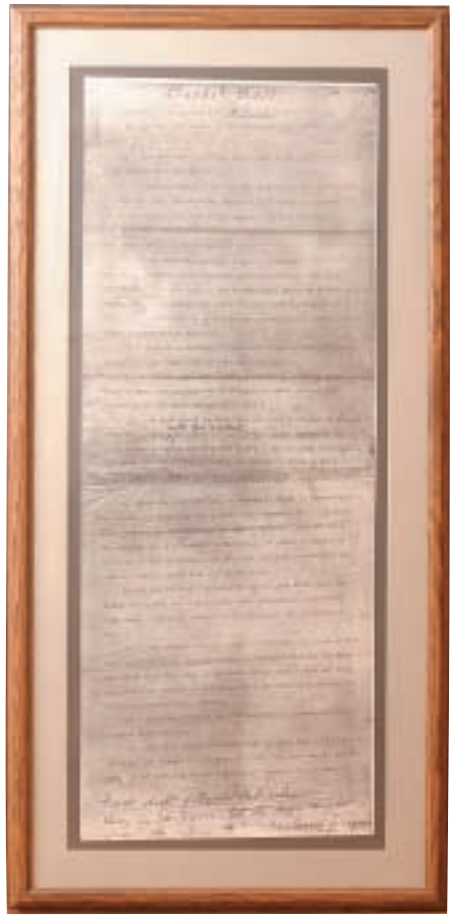
SigEp's original Balanced Man-Dr. James S. Naismith

Today at the University of Kansas, basketball serves as a sense of pride and tradition. From the court in Allen Fieldhouse which is named after James Naismith, to the walls of SigEp, Naismith's legend lives on.

In 1923, James Naismith was among the charter members of the Kansas Gamma Chapter. He went on to marry the housemother and become the Chapter Counselor. Today's SigEp house at the university chooses to remember Naismith with a wall containing, among other things, a copy of the 13 original, handwritten rules of basketball.

Through the original rules, Dr. Naismith's ideas of how games should be played are evident. Rule number five goes into the details of a foul. Dr. Naismith used this rule to take some of the physicality out of the game. Physical contact is what eliminated football as an indoor option. In the spirit of conducting fair games, Naismith mentions an umpire in rule nine and elaborates on the umpire's role in rules 10 and 11. As the game continues to evolve, most of the rules have changed.

At KU he is possibly remembered infamously as the only coach to don a losing record (55-60). But, basketball was more than winning and losing to the great coach who was sometimes not even present for the games, as he was away refereeing others. Naismith saw the game as one that was never meant to be coached, just played.



A copy of the original handwritten rules of the game on display in the SigEp chapter house.

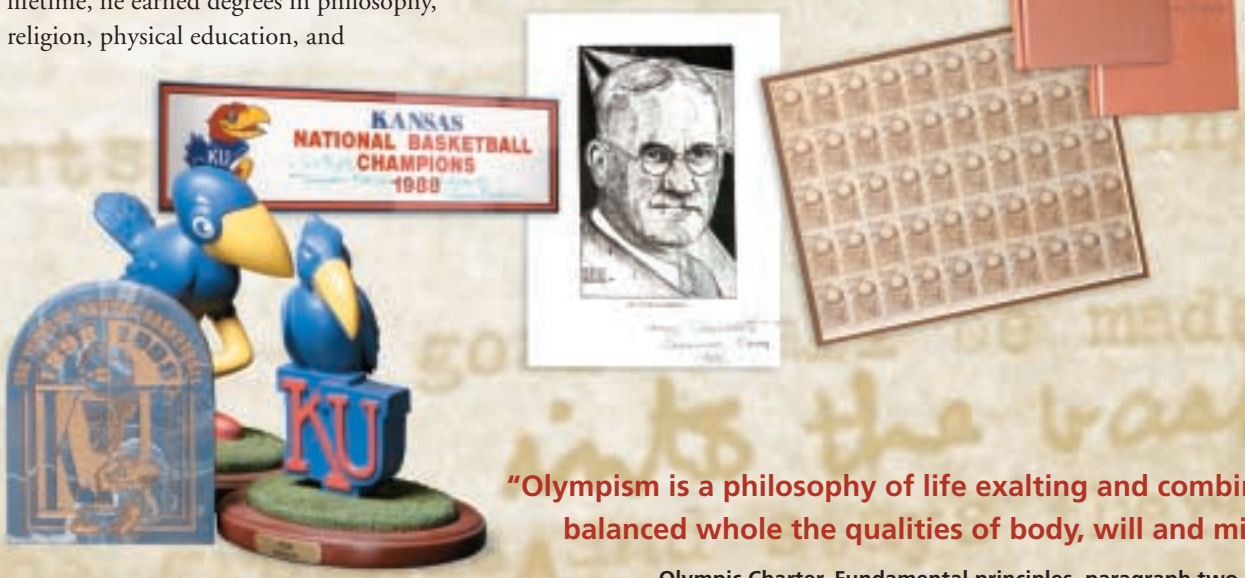
Also encased on this wall are plaques commemorating the "Peachbasket" Award which is given in honor of Dr. Naismith by the Greater Kansas City Alumni Chapter of Sigma Phi Epsilon. Nearly anyone involved in the game is eligible, from coaches to sportswriters. The first recipient of this award was John Wooden. Other memorabilia include signed copies of "The Basketball Man," a book by Bernice Larson Webb about the inventor of the game. There are also signed items from other Kansas coaches such as Roy Williams and Larry Brown.

In the early 20th Century, a crowd of hundreds was large for a game. Through the years, KU has routinely drawn sell-out crowds of over 16,000. Basketball has become as much a part of student life as studying. Tickets are a precious

commodity during the season, and all televisions are tuned in for road games.

Ironically, Dr. Naismith had no intentions of the game reaching this type of popularity. Basketball grew exponentially over its first century. In 45 years, it went from 18 young men in a YMCA to an Olympic event in 1936. Basketball is currently played by over 300 million people worldwide.

Dr. Naismith was the quintessential brother, and embodied nearly every aspect of the Balanced Man. In his lifetime, he earned degrees in philosophy, religion, physical education, and medicine. Naismith also served in the First Kansas Infantry. However, he obviously is most remembered for his contributions to the sport of basketball. Dr. Naismith made everything he was involved in better. He set out on a mission, determined to positively affect the quality of other's lives. In a speech given to a class at Springfield College in 1932, Naismith summed up his beliefs in a single statement: "It is your inner life, the things you do and say that will influence (others) and make them men."



Various items on display in the Naismith Wall.

"Olympism is a philosophy of life exalting and combining in a balanced whole the qualities of body, will and mind."

— Olympic Charter, Fundamental principles, paragraph two

Brotherly Love:

Knowing the Affects of Alcohol on Your Body

By Ryan P. Blanck,
Western Michigan '02

At press time, five students are dead as a result of alcohol misuse. All five deaths involved a fraternity, which casts a shadow on the entire Greek system. While none of these deaths involved Sigma Phi Epsilon, *The Journal* presents this article in the endeavor to make you stop and think. Whether you are about to turn 21 or an alumnus looking forward to a weekend with friends, there are some important facts you should know about the effects of alcohol on your body. A Balanced Man knows the effects of what he puts into his body, and then makes an educated decision on how to act.

Everyone has one right, the right to choose. It is up to you to make the proper choices in your life that reflect your values, goals and aspirations. This article isn't a sermon stating "don't drink," but rather its intent is to inform you on the effects of alcohol on your body should you choose to drink, assuming you are of legal age.

First, let me begin by saying that according to some research, moderate alcohol consumption (one standard drink per day) is associated with a lower risk of heart disease, coronary heart disease, and a reduction of LDL (bad) cholesterol. Alcohol can also raise the HDL (good) cholesterol which would help guard against heart disease. This doesn't mean if you are a non-drinker you should start drinking just to reap these benefits. You can do that with proper nutrition and an organized fitness program.

However should you choose to consume alcohol, it is important to know and understand what it does to your body. **When alcohol enters your body**, its first stop is the stomach. It irritates the stomach by inflaming it. Your body recognizes that alcohol is a toxin and, from the moment it is consumed, your body works to rid itself of the toxin. From the stomach, it is absorbed into the walls of the intestines, which pushes the alcohol into the bloodstream and throughout the body. It travels to your liver, which constantly works to rid your body of all toxins. **A lot of alcohol overwhelms your liver**, and the liver will neglect its other functions to fight off the alcohol. One of those functions is maintaining a consistent glucose level in your blood. What happens next is your blood sugar drops and, since alcohol is a diuretic, your body dehydrates. It robs the brain of its food source, water and glucose, which results in a hangover.

A lot of people contact me wanting to know how to gain muscle or lose unwanted bodyfat. We work together to find their current status (body weight and body fat percentage), then we create a short- and long-term goal. One thing people don't realize is the effect of alcohol on your muscular system.

Consuming alcohol after a workout cancels any physiological gains you might have received from such activities. Your body needs rest to recover from a strenuous workout. In fact, muscles are built during sleep, not when you are lifting weights. Because of alcohol's effect on sleep, however, your body is robbed of a precious chemical called "human growth hormone" or HGH. HGH is part of the normal muscle-building and repair process and the body's way of telling itself your muscle needs to grow bigger and stronger. Alcohol, however, can decrease the secretion of HGH by as much as 70 percent.

Additionally, it can disrupt the water balance in muscle cells, thus altering their ability to produce adenosine triphosphate (ATP), which is your muscles' source of energy. ATP provides the fuel necessary for your muscles to contract.[1]

Alcohol also inhibits the body's ability to process protein and affects Type II

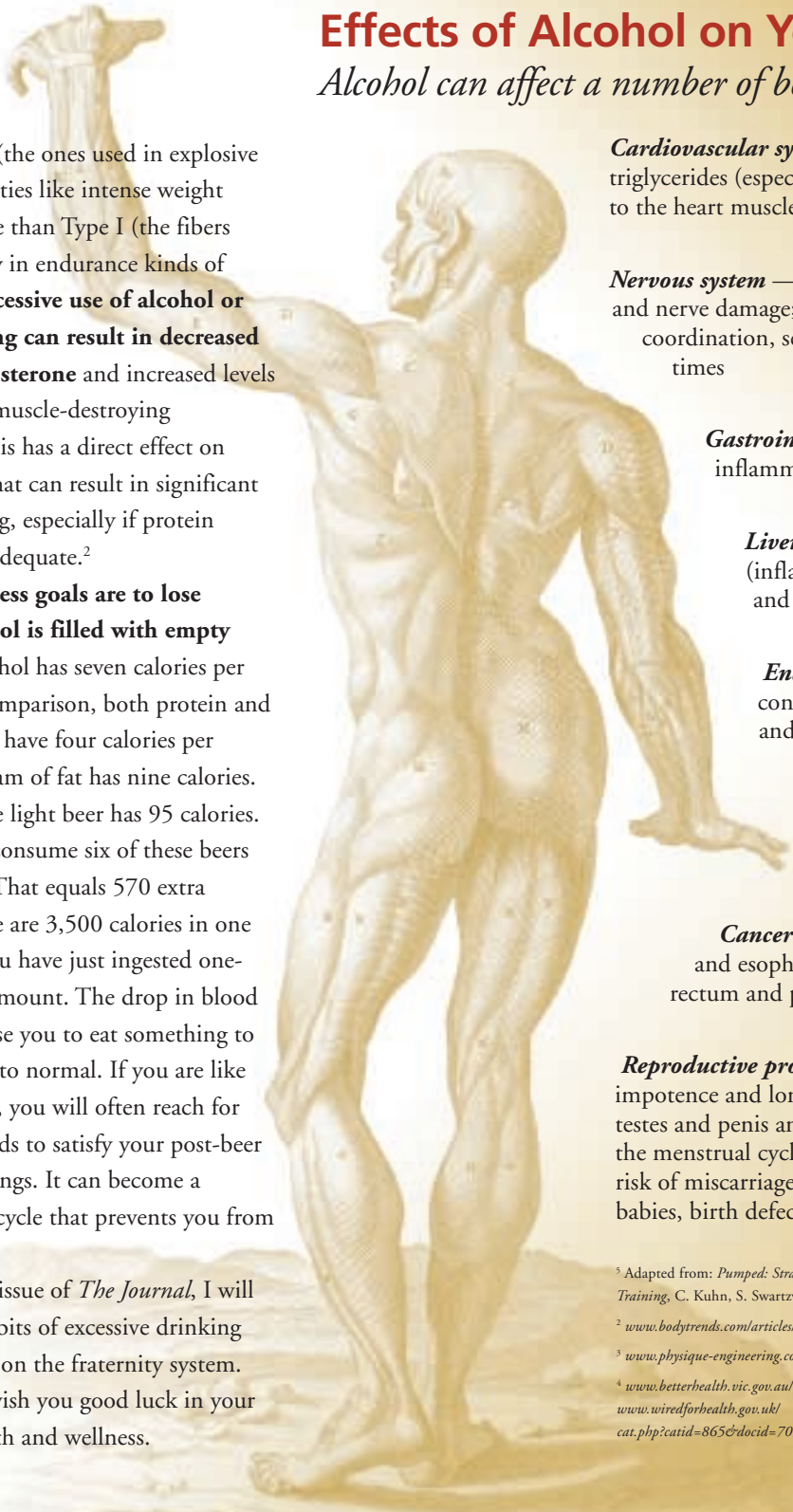
muscle fibers (the ones used in explosive kinds of activities like intense weight training) more than Type I (the fibers used primarily in endurance kinds of activities). **Excessive use of alcohol or binge drinking can result in decreased levels of testosterone** and increased levels of cortisol (a muscle-destroying hormone). This has a direct effect on muscle cells that can result in significant muscle wasting, especially if protein intake is not adequate.[2]

If your fitness goals are to lose weight, alcohol is filled with empty calories. Alcohol has seven calories per gram.[3] For comparison, both protein and carbohydrates have four calories per gram. One gram of fat has nine calories. One 12-ounce light beer has 95 calories. Let's say you consume six of these beers one evening. That equals 570 extra calories. There are 3,500 calories in one pound and you have just ingested one-sixth of that amount. The drop in blood sugar will cause you to eat something to raise the level to normal. If you are like most drinkers, you will often reach for unhealthy foods to satisfy your post-beer drinking cravings. It can become a calorie-dense cycle that prevents you from losing weight.

In the next issue of *The Journal*, I will discuss the habits of excessive drinking and its affects on the fraternity system. Until then I wish you good luck in your quest for health and wellness.

Effects of Alcohol on Your Health

Alcohol can affect a number of body systems, including:



Cardiovascular system — Raised blood pressure and triglycerides (especially after binge drinking), damage to the heart muscle and stroke

Nervous system — Brain damage, tremors, dementia and nerve damage; alcohol immediately affects your coordination, self-control, judgment and reaction times

Gastrointestinal system — Stomach inflammation (gastritis) and bleeding

Liver — Cancer, hepatitis (inflammation), fatty changes, cirrhosis and liver failure

Endocrine system — Problems controlling blood sugar, loss of libido and reduced fertility

Nutrition — Malnutrition (alcohol displaces nutrients from your body) and obesity

Cancer — Of the mouth, larynx, pharynx and esophagus, liver, stomach, colon and rectum and possibly breast

Reproductive problems — In men, temporary impotence and longer-term loss of potency, shrinking testes and penis and reduced sperm count. In women, the menstrual cycle can be disrupted, may increase the risk of miscarriage, can result in low birth weight babies, birth defects and fetal alcohol syndrome[4]

[5] Adapted from: *Pumped: Straight Facts for Athletes about Drugs, Supplements, and Training*, C. Kuhn, S. Swartzwelder, and W. Wilson (New York: W.W. Norton, 2000)

[2] *www.bodytrends.com/articles/diet/alcohol.htm*

[3] *www.physique-engineering.com/articles03/trainingplateaus.shtml*

[4] *www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Alcohol?OpenDocument*
www.wiredforhealth.gov.uk/
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Our Very Own Frat Boys

We are pleased to report that we have no accounts of idiotic behavior.
May our Brothers continue to uphold SigEp's high standards.

Hotter 'n Hell Brings out the Best in SigEp

By E. Scott Thompson, II,
Southern Mississippi '99

Once a year in the McVeigh household, the family sits down and sets individual and family goals. For District Governor **Daniel W. McVeigh, Texas Wesleyan '90**, one of his personal goals this year seemed innocent enough, but it has led him to discover a deeper meaning of the Balanced Man Ideal. His goal was to finish the Hotter 'n Hell Hundred (HHH), a 100-mile bicycle rally held one weekend in August in Wichita Falls, Texas. Brother McVeigh's goal is similar to a goal made by you or me. I'd like to run a marathon. No particular reason behind the goal other than to say I've done it.

So why the HHH?

The rally, not race, started in 1982 as a way to celebrate the centennial of Wichita Falls. It was proposed by Roby Christie of the Wichita Falls Bicycle Club to cycle 100 miles in 100 degree Texas heat to celebrate 100 years. A very grueling way to rejoice, but nonetheless it stuck. The initial rally had 1,100 cyclists and the temperature was 98 degrees. In 2004, there were over 8,500, although the temperature never got above 85 degrees—a record low. Completing the HHH is a badge of honor, one that Daniel wanted to wear.

His training routine began in March. On the weekends, training rides would begin at 5:30 a.m., and he would ride 20 to 60 miles with other cyclists. During the week, he would run between four miles almost every day, usually during the heat of the day. This routine benefited him well, but the more his intensity increased, the more he knew that he had to address the other part of his life—his eating, drinking, and sleeping habits.

A typical weekend evening was spent with his wife, Elise, and their friends at dinner. During the meal, Daniel would have several cocktails and stay up late in the evening. Saturday morning training rides came very early, he felt horrible and was not getting the most out of his training. Daniel began to cut back on his alcohol consumption and began eating healthier. He also began drinking a lot of water throughout each day, and included a daily multi-vitamin. As part of his discipline, he started going to bed earlier to get more sleep. As a result, Daniel noticed that he did not want to consume alcohol like before. He also began to get more out of his training rides.

Daniel then began to realize why he wanted to complete the HHH. It was not only about the bragging rights. As he put it, "This is what SigEp is all about. I am living what SigEp has been preaching. I am probably in the best shape of my life. Not for selfish reasons, but because I have a wife and three boys, who depend on me. I understand that the Balanced Man Ideal is so important because it also applies to my family. They depend on me to be a good father and role model, and I want to live long enough to enjoy seeing them as well as their future children."

Daniel finished the Hotter than Hell Hundred. That was only the first step. He plans to ride in it again in 2005, and possibly train for a triathlon. His nutrition habits have stuck. It is part of a new lifestyle for Daniel, a lifestyle that will keep him at his best.

> **"Riding in the Hotter 'n Hell Hundred is a great opportunity to push yourself. I participate in triathlons, including a Half-Ironman, and the HHH is one way I stay in shape. SigEp's Balanced Man Ideal helps me stay focused on fitness while not losing sight of the other areas in my life."**
>
> **— Bradford P. Aspgren, Lawrence '84**

There's a SigEp in Every Crowd…

…especially in one with 8,500 people. Daniel knew of several other SigEp volunteers who rode in the HHH. **Bradford P. Aspgren, Lawrence '84**; **Paul J. Porter, Texas Tech '90**, and **Michael P. Svec, Iowa '90**, knew of Brother McVeigh's decision to ride in the HHH and they supported him throughout. Brother Svec was no stranger to long bike rides. In 1996, he rode the MS150 from Houston to Austin, and prior to the HHH, he rode in the MS150 from Dallas to Ardmore, Oklahoma. Mike and his wife, Leanne, trained together for the HHH, and they would ride 30 to 40 miles together as part of a group ride on Saturday afternoons. Mike would also ride with his chapter brothers **Eric S. Friedrichsen, Iowa '91,** and **Greg D. Aunan, Iowa '91**. According to Mike, "I enjoy being able to spend time with brothers and my wife in an activity that we both enjoy."

Mike Svec

Daniel McVeigh
PHOTO COURTESY OF CHAPPELL GRADUATION IMAGES

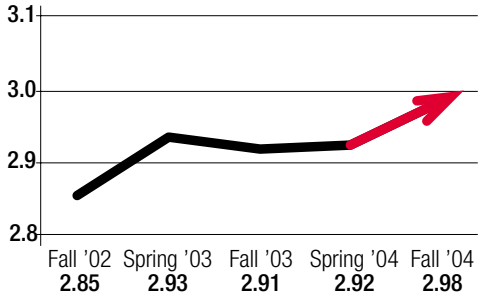
Phi Beta Kappa Wheelhouse, All-Time High 53 Chapters Push SigEp Toward a Nationwide 3.0 GPA!

Grand Chapter GPA for 228 chapters reporting: 2.98

NAME	GPA	MANPOWER	RANK ON CAMPUS
1. Chicago	3.51	19	n/a
2. Yale	3.50	46	n/a
3. Georgia*	3.47	86	1/27
4. Tufts	3.47	32	n/a
5. Dartmouth	3.46	100	n/a
6. Columbia	3.45	46	n/a
7. Northwestern*	3.45	92	3/17
8. Stanford	3.45	34	n/a
9. Oregon State	3.44	86	1/22
10. Carnegie-Mellon*	3.41	55	1/13
11. Nebraska	3.40	103	3/21
12. MIT	3.39	24	n/a
13. Saint Louis U.	3.38	110	2/13
14. Duke	3.34	73	6/15
15. Washington U. in St. Louis	3.33	83	3/12
16. Cornell	3.33	54	15/48
17. California-Berkeley	*3.32*	*32*	*4/36*
18. Nebraska-Omaha	3.32	47	1/5
19. Bucknell	3.31	88	3/11
20. Ohio State*	3.31	79	n/a
21. Creighton	3.30	63	2/5
22. Illinois*	3.30	121	4/54
23. Michigan	3.30	62	7/28
24. NYU	3.30	15	n/a
25. Toledo	3.29	75	1/11
26. Quinnipiac	*3.28*	*28*	*n/a*
27. Valparaiso*	3.28	84	1/10
28. Muhlenberg	3.27	55	1/4
29. U. of Miami (Florida)	3.27	78	2/10
30. Stevens Tech	3.26	45	1/10
31. U. of Richmond*	3.23	83	1/7
32. Cincinnati*	3.22	96	n/a
33. Drake*	3.22	71	2/8
34. Loyola Marymount	3.22	101	1/5
35. Maryland	3.21	40	2/23
36. Wisconsin*	3.21	117	n/a
37. Alaska-Fairbanks	3.20	16	n/a
38. Utah State	*3.20*	*27*	*1/7*
39. WPI	3.20	90	n/a
40. Florida Gulf Coast	*3.19*	*35*	*1/3*
41. North Dakota	3.19	66	1/13
42. U. of Rochester	3.19	46	2/15
43. Virginia	3.19	55	n/a
44. Austin Peay State	3.18	48	n/a
45. Penn	3.18	68	20/33
46. Washburn	3.18	41	1/4
47. UCLA	3.17	93	7/21
48. California-Santa Barbara	3.17	36	3/18
49. U. of San Diego	3.17	50	1/4
50. Oregon	3.16	42	2/12
51. Texas Christian	3.16	77	2/10
52. Miami U. (Ohio)	3.15	84	4/33
53. U. of Washington	3.15	76	17/27

Key: 3.5 Chapter-wide GPA-Phi Beta Kappa Standard
* **Residential Learning Community**
Italics denotes a Sigma Epsilon Chapter (SEC)

3.15 Here We Come, 23 Percent of All Chapters at Wheelhouse Level



SigEp's GPA for Grand chapters reporting continues to lead fraternities nationwide

Recruitment, Culture and Recognition Keys to Toledo's Dominance

Toledo has a successful mix of recruitment standards, a great chapter environment and recognition to achieve its Phi Beta Kappa Wheelhouse GPA. The Ohio Iota Chapter has one of the highest recruitment standards of any chapter in Sigma Phi Epsilon. Incoming freshmen need to have a 3.2 GPA, and current students at Toledo must have a 3.0 GPA to receive a bid. The chapter finds sticking to its recruitment standard is the biggest part of the equation. SigEp is also the largest fraternity on campus, and its GPA is routinely .2 greater than the next closest fraternity.

Once new members are recruited, they spend time with the chapter's Faculty Advisor and longtime volunteer **Richard A. St. John, Toledo '63**. Brother St. John educates them on study habits and learns about their academic goals. A substance-free chapter house helps create an environment conducive to studying. While some chapters enforce quiet hours, SigEps at Toledo instinctively know to keep the chapter house quiet. In addition to being quiet, study groups routinely meet in the chapter house. Finally, the chapter recognizes its 4.0 scholars with plaques. SigEps on the Dean's List get their names displayed in the chapter house and receive a certificate. Brother St. John publicly recognizes the top scholars at the annual Balanced Man Scholarship banquet.

TCU Names Balanced Man Scholarship in Honor of Founder James Wood

By E. Scott Thompson, II,
Southern Mississippi '99

The Texas Gamma Chapter at Texas Christian University (TCU) owes much to **James H. Wood, '55**. He was the chapter's founding president and one of its first lifetime members. Brother Wood believed in the Balanced Man Ideal and was a varsity athlete in track. Brothers who knew him said that he had a quiet confidence about him. You could tell by the look in his eye that he had figured out his life and was at peace with everything around him. When Brother Wood passed away in August of 2004, **David R. Hardin, '73**, was moved to create a scholarship in his memory. Brother Hardin knew James Wood both through the Fraternity and his affiliation with track. Brother Hardin was captain of the track team and saw James Wood at various letterman activities.

In March of 2004, Texas District Governor **Daniel W. McVeigh, Texas Wesleyan '90**, arranged for a session in Dallas on how to utilize the Sigma Phi Epsilon Educational Foundation. Texas Gamma alumnus **William M. Patten, '73**, attended. He wanted to learn more about how to utilize the chapter scholarship fund. After learning of Brother Hardin's intent to create a scholarship in memory of James Wood, he contacted David. The two decided to honor James Wood's dedication to the Balanced Man Ideal by creating a scholarship in his name to recognize undergraduate brothers who epitomize Sound Mind and Sound Body. In the span of one month, there were three contributors including James' widow Maurine. She said that if it weren't for a scholarship, James would not have gone to college, and this was a fitting way to recognize his contribution and love for TCU and Sigma Phi Epsilon. Today there are over 35 contributors to the scholarship.

The Texas Gamma Chapter completed its James Wood Balanced Man Scholarship and announced the recipients during a banquet. Over 80 SigEps, parents, and finalists gathered with members of the TCU faculty and administration to recognize the scholarship winners. Dr. Don Mills, Vice Chancellor for Student Affairs, was the keynote speaker and a close friend of James Wood. Plans are underway to build the James H. Wood Memorial Fund for next year. In addition to scholarships for incoming freshmen, the chapter plans to award a scholarship to a brother who epitomizes the Balanced Man Ideal, just like James H. Wood.

Chapter President Matthew Freedman and the recipient of the James Wood Scholarship, Jace Thompson

May 1955 Journal *photo of Grand President J. Russell Pratt presenting charter for Texas Gamma chapter to Brother Jim Wood.*

James H. Wood, 1933-2004

Taken from the 2004 James H. Wood Balanced Man Scholarship program guide

Jim Wood, a native of Fort Worth, Texas, was born on October 2, 1933. He graduated from Paschal High School in 1951 and attended TCU the next fall as a member of the track and field team. In 1955 Jim became one of the first initiated members of the Texas Gamma Chapter. As a founding father, he served as its first president. After graduating in 1955 with a degree in physical education, Jim served as a 1st Lieutenant in the United States Air Force until 1959. He married Maurine Koch on July 8, 1977.

Throughout his life, Jim served and volunteered in the Fort Worth community in a variety of ways. Jim was a brother to all and he was loved dearly. He was the Balanced Man.

"The most incredible thing about Jim was how much he lived a balanced life. He exercised every day. He watched what he ate. He was active in church. He was kind to all and cared deeply about people's success and challenges. More people considered Jim Wood their best friend than anyone else. My son, who ran track, said, 'Mr. Wood was my biggest fan.'"

Dr. Don Mills,
Vice Chancellor for Student Affairs
Texas Christian University

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Behind every great chapter are great volunteers.

SigEp Heroes

Volunteerism in our Fraternity

By E. Scott Thompson, II
Southern Mississippi '99

Telling the story of a few of SigEp's most dedicated volunteers was an unexpected pleasure. I spent numerous hours on the phone. My legal pad was filled with notes, my pencil was ablaze as they talked. Each night was spent transferring their stories into my laptop. In the end, I found their accounts engrossing. Personally, I have never volunteered with a SigEp chapter, but the description of their love of our Fraternity and our Brothers makes me want to experience it.

Hearing different volunteers use the same words to describe their experience was fascinating. These volunteers are separated by thousands of miles, and yet they all seemed to be reading the same playbook. That doesn't happen by accident nor do the results they achieve. We present those here for you to enjoy. There are two caveats to this. The first, if you are an alumnus, you will find a way to volunteer with the Fraternity. There is a handy SigEp directory on page 23 and it lists contact information for all of our chapters. Use it. Reconnect. The second caveat, if you are an undergraduate, you will find a way to support the volunteers you have.

When you read their stories you won't find too much ego. They won't trumpet their own horns, so to speak. They point to the orchestra of other volunteers, the chapter's executive board, past presidents and future leaders. These volunteers all say, "Look at the music we are creating together."

For these SigEp volunteers, it is not about the recognition (although we cannot thank you enough), it is not about their personal gain, it is not at all about the superficial. For them, it is all about the undergraduates. We begin our feature near the Canadian border in upstate New York.

Campus, Community Volunteers Support Clarkson

Kate Tessier has been a part of the New York Chi Chapter since its inception over four years ago. At that time, a group of athletes on the soccer team wanted to start their own fraternity. Much like our Founding Fathers at Richmond College in 1901, these men saw what the current fraternity system had to offer and were not satisfied.

In 1998, they approached Kate, and **Chris Werley, '02**, the chapter's first President, asked her to volunteer with the chapter. She agreed to be their Faculty Advisor. The role of the Faculty Advisor on campus was largely hands-off. Most chapters had little to no interaction with their Faculty Advisors, and Kate wanted to be different. For Kate, this was not her first foray in advising fraternities. During her career at Clarkson, she worked with numerous fraternities, but this was the first fraternity she advised in its formative stages.

From the outset, she coached the men on their academics and was present when the local fraternity discussed becoming a part of Sigma Phi Epsilon. The Fraternity's belief in the Balanced Man Ideal, along with our strong reputation, appealed to this group of

scholar athletes, and SigEp was selected as the national fraternity for affiliation. Kate was impressed with the chapter's commitment to receive its charter and worked with the members to meet the chartering criteria. She was present when the chapter received its charter in April, 2002, and in August, 2003, when it won its first Buchanan Cup.

Today she is just as involved as ever with SigEp. She attends all executive board meetings and meets with the Chapter President weekly. SigEps stop by her office on campus at least two to three times every day. According to Kate, "I gain so much energy from interacting with these young men. I don't see how anyone could not get excited about volunteering with SigEp."

Kate is quick to point out that she is part of a great Alumni and Volunteer Corporation (AVC), formed when SigEp initially expanded to campus in the Fall of 2000. Alumni and volunteers were recruited from the campus and community, including Wili Steinrotter, Coach of the soccer team. Soon the AVC was meeting every month.

One of the challenges facing the volunteers is the remote location of Potsdam, New York. Clarkson University is a 20-minute drive from the Canadian border, and consequently alumni move to larger cities when they graduate. To cope with this situation, AVC meetings are held in conjunction with large campus events that tend to draw alumni for a weekend.

Taking time out of a beautiful day to discuss SigEp.

Parent's Weekend is a huge success at KU. Here the Mom's and Dad's Club gather before the football game.

Parents-Crucial to Success at Kansas

At the University of Kansas, SigEp parents play a large role in the chapter. From helping ease the transition from high school to renovation projects on the chapter house, parents are a visible part of the SigEp experience. Parents are split into two different clubs, the Mom's Club and the Dad's Club. Each has its own set of officers. While the clubs are separate, a lot of their activities overlap.

Every year the Mom's and Dad's Clubs host the move-in weekend where they help freshman new members move in the chapter house and meet their parents. Many incoming parents have anxieties about their son's decision to join a fraternity, and the SigEp parents help ease that burden.

During the KU Parent's Weekend, the two clubs host a breakfast for all parents and then have separate meetings with chapter and alumni leadership to discuss any issues or concerns. They then create a list of home improvement projects and collect volunteer dues. The money helps fund the projects and provides mid-evening snacks (often resembling full-scale meals) during finals. The moms prepare and deliver the food, and each evening the men of the chapter break from their studies to line up for a home-cooked meal. The Mom's Club stays involved throughout the year, helping with things like decorating the chapter house for Christmas.

The Dad's Club works with the chapter on housing projects during an annual Dad's Work Weekend. Last year the dads and members of the chapter installed a four-foot retaining wall adjacent to the parking lot. The Alumni and Volunteer Corporation paid for the materials and the dads provided the labor. In the end, the project cost 20 percent of the original bid. This year's plans are to renovate the computer room.

According to AVC Member **Thomas L. Gray, '77**, "Over the years, the Mom's and Dad's Clubs have consistently provided extraordinary support for the undergraduates. Each club individually spends $3,000 to $5,000 annually in support of various projects approved by their membership. This is in addition to the $10,000 to $13,000 raised annually at the Scholarship Auction, and the many, many volunteer hours donated by the mothers and fathers. The Mom's and Dad's Clubs are an integral factor in Kansas Gamma's successes. Kansas Gamma's undergraduates and alumni are grateful for the ongoing parental support received via the Mom's and Dad's Clubs."

Members of the Dad's Club also attend the monthly AVC meetings along with the executive board. According to Dad's Club co-Presidents Tim Pickell and Dave Hughes (fathers of Chapter President **Sam V. Pickell, '05**, and Vice President of Programming **Cullin B. Hughes, '05**), "These meetings are a great opportunity for us to know what is going on with the chapter. We provide our input and advice and it has helped us feel closer to Sigma Phi Epsilon."

Tom Gray states, "Kansas Gamma is a much stronger chapter due to the involvement of the Mom's and Dad's Clubs. They're a crucial part of SigEp at the University of Kansas. Parents should sit on every chapter's Alumni & Volunteer Corporation."

Some of the Texas volunteers at the 2003 Grand Chapter Conclave. Left to right: Mark Kiester, Bob Heintzelman, and Lynn Butler

Coaching Leadership in Texas

During the 1990s, there was a certain myth about the Texas Alpha Chapter at the University of Texas. Maybe it was due to those two words. Alpha comes before anything else. Texas, well, it has its own mix of pride, exuberance and legend. The SigEps at UT were infamous for their defiant attitude. One of the most visible symbols of that was the front door to the chapter house. It was not painted red. It was painted black. Today that door is red. The myth has been changed, in large part, due to the undergraduates in the chapter. They got their cue from a core group of volunteers. One in particular worked intimately with the chapter from 1999 to today, from defiance to performance. His name is **Mark A. Kiester, '71**.

Mark is the President of the Alumni, Volunteer, & Parent Corporation. His role is best described as coach. It was a word he used repeatedly during his interview with *The Journal*. In 1999, Mark was asked by **K. Terry Nathan, '69**, then-President of the AVC, to help with fund raising. Brother Kiester had recently moved to downtown Austin as the Director of Financial Development for the Austin YMCA. Once Mark agreed, he began to take on the rest of the President's role, as he put it, "by osmosis." At the time, the volunteers were concerned with membership development, academics, risk management and finances. With so many areas needing attention at the same time, where did they begin?

"We started with academics and risk management," he said. "These two areas had to improve before we could address the other areas." The board had contact with the executive board every week. According to Mark, "It wasn't fun at the time. In fact, it was demanding."

Mark is quick to point out that he was not alone in this endeavor. **Bruce W. Anderson, '71**, **Jeffrey N. Loomis, '71**, **Lynn H. Butler, '89**, and **Jerry A. Smith, '79**, all have a defined role on the AVC. Of special interest is the fact that Bruce, Jeff and Mark all joined the chapter in the fall of 1967, when Bruce was Chapter President and Mark was his Vice President of Finance. As undergraduates, they led the chapter to be one of SigEp's most prestigious, and they are committed to doing it again as volunteers.

Early on, the AVC realized two issues with the chapter—it had problems with governance and leadership. To help change that, Mark began to mentor young men in the chapter who showed promise. The AVC hosted a leadership seminar in November prior to chapter elections. If they could encourage the best talent to assume a chapter leadership role, then the chapter would begin to sort out its own problems. In coaching the new executive board, they outlined three principles:

1. Have the courage of your convictions. When you make a decision, base it on the principles of the Fraternity, then have the courage to see it through.

2. Lead as a group. The executive committee needs to be in agreement on decisions before presenting it to the chapter.

3. Lead by example.

One lesson learned about leadership is that it doesn't mean you have a title or hold an office. The volunteers spotted talent and encouraged the current executive board members to find their replacements.

In order to help the chapter regain control, the AVC gave the executive committee small goals to reach. Once they were met, the AVC provided a new challenge. Baby steps are the key, as is constant contact. Between mentoring the leaders and handling the operations of the chapter, the stage was set for a group of outstanding leaders to emerge, ready to lead the chapter.

Today, retention is at an all-time high with 42 seniors involved in the chapter and paying dues. It shows that their experience lasts throughout college, and they add a layer of maturity to the chapter. The chapter's academics have improved from a 2.75 in the Fall of 1999 to a 3.16 in the Spring of 2003. They have student leaders involved in the largest service organizations on campus, the Texas Cowboys and Silver Spurs, and in numerous academic honor societies.

Now, rather than calling the shots, the AVC is an advisory board. It still has contact with the chapter every week, but has changed from being demanding to being something to look forward to. At times, the volunteers give the chapter its reality check. "During summer recruitment, when things were not going as well as they had planned, we told them, 'You look good, sound good, but you aren't executing.' They turned it around and recruited 39 men in the last four weeks of summer recruitment. We didn't tell them how to do it, they did it—they figured it out on their own."

When asked how his profession with the YMCA ties into volunteering with SigEp, Mark said, "The YMCA is about youth development—half of our 18 million members are younger than 18. The Fraternity is about developing older youth. Volunteering is like raising money—you can't expect people to show up and give. You have to ask them and then give them a specific task." Mark has two college-age sons and believes that it gives him a different perspective when working with SigEps. "You've been through similar trials with your own children, so you develop empathy with the societal circumstances and maturity issues the men in the chapter deal with in managing their lives. I think this allows you to relate to them in ways that builds mutual respect."

A Look at the Tennessee Volunteers

You can almost picture the meeting where it happened—the one decision that changed a chapter for the next 30 years. It wasn't a profound proclamation; these things almost never are. No, this was a decision made by volunteers—a decision that made the most sense at that moment at that time. The trick is this: that decision was followed by another and another and another. Fast forward to today and the Tennessee Alpha Chapter at the University of Tennessee has one of the most evolved Alumni and Volunteer Corporations in this or any fraternity. What was this change that caused the river to flow in a new direction? The alumni made the decision to take over production of the alumni newsletter.

It really was a no-brainer for the alumni at that moment. They realized it was unfair to ask the undergraduate chapter to be in charge of the production and distribution of the alumni newsletter. After all, none of the undergraduates had ever been alumni. They had no concept of what to communicate to alumni (here's a hint, alumni want to read about their chapter brothers). Brother **G. Burl Rainwater, '58**, was the Alumni Board President at the time. Nearly 30 years later, he still holds that position, although he is transitioning out of this role. Burl shared some of his story, but at no point did he say, "This couldn't have happened without me." Nor did he try to allude that the AVC has finished evolving. In fact, the way he put it, "We crawled before we walked. We walked before we ran, and we're still not running quite the way we want to."

Brother Rainwater's involvement started in 1962 with encouragement from others to re-organize the alumni board to prepare for the chapter's 50th Anniversary in 1963. Immediately following the 50th Anniversary, the University of Tennessee announced plans for a fraternity park. The board focused on building a chapter house, which is still home to the chapter. Burl volunteered until getting a "can't miss" promotion that sent him to New York City. While away in the Big Apple, he turned the reins over to his real life brother, **J. Earl Rainwater, '60**. In 1970, Burl returned to Knoxville and took over his old post in 1977. How did he come to be so involved with his home chapter? "It was all because I had a wonderful undergraduate experience in SigEp," he said. "I would do anything to make sure other SigEps had as rewarding a time as I did."

Front row, left to right: Johnathan Myers, Major Sharpe and Jacob Rasnick. Back row: Andrew Faust, Burl Rainwater

If there was one event that stood out in his mind from his undergraduate days, Burl would point out that his chapter brothers encouraged him to focus on his academics and to get involved on campus. He would also point to an issue of *The Journal*. "John Robson was the editor, (**John W. Robson, Lawrence '28**) and in this issue he listed the winners of the Benjamin Hobson Frayser Award. The award was named after a Tennessee Alpha alumnus (**Benjamin H. Frayser, '31**), and Brother Robson in his article noted that it was odd how Frayser's home chapter had never submitted anything for the award."

That hit home with Burl and he decided to change that for the future. When the alumni board began to publish the newsletter, it was a one-page, front and back, mimeographed piece. Today it is either 16 or 20 pages with pictures. The number of pages doesn't spell instant success. The key is consistency. Alumni know they can expect their issue of the *Spiel* three times a year. The results are impressive: alumni contributions at the time of the first newsletter were 40 to 50 per year. Today contributions are 400 to 500. And the *Spiel* is a regular winner of the Benjamin Hobson Frayser Award given out at the Grand Chapter Conclave.

At the same time the alumni board took over the newsletter, it also made the quiet but far-reaching decision to organize and promote three alumni events—Founder's Day, Homecoming and, in off-Conclave years, Funfest. Again this decision made sense. Alumni are going to attend events planned and attended by other alumni. These events began to cultivate an incredible relationship with the alumni of the chapter. As the events grew, the number of alumni volunteers also grew. Today the AVC has 40 members who sit on one of three different boards. There are 10 to 12 volunteers who do not hold an official position but they have special tasks they fulfill. Each February the three boards have an annual alumni planning retreat for the coming year. At the most recent one, more responsibilities were separated from positions to involve more alumni in the process. Burl also made the decision to find his successor as AVC President, a process he hopes to complete in February of 2005.

In recruiting new volunteers to the board, Burl had this to say, "When you have someone who wants to get involved, he is given a task and understands the time investment needed to complete that task. Once completed, he may want to have added responsibilities and a new task. This alumnus can work his way into a formal role if he has the time and desire." For Burl, the greatest satisfaction in volunteering comes

from locating a lost brother. "There is nothing better than when you track someone down who has been missing and you get them on the phone to verify that you have found them…there is no feeling like it. You reconnect them with SigEp and that is something special."

The Founder's Day event is more than an opportunity for alumni to see each other. It has grown into one of the most tangible ways the alumni work with the undergraduates. Every year on May 29, the date Tennessee Alpha was founded, the alumni award scholarships to men of the chapter. Again, they crawled before they walked. Today they awarded $50,000 in scholarships to 49 men in the chapter. Again, logical decisions made by dedicated volunteers to help improve the undergraduate experience. A consistent alumni newsletter produced by alumni and alumni events planned by other alumni lead to a scholarship endowment approaching $1 million and over 40 volunteers mentoring the undergraduate chapter. And a new 40,000 square foot chapter house is being built on the site of the current one. It isn't rocket science, but it is the science and the essence of spectacular volunteering in Sigma Phi Epsilon.

At the Tennessee Alpha chapter house on homecoming Saturday with alums and wives

A group of Tennessee Alpha alums gather at Rainwater's house following the homecoming game

What Is Next?

You have read the stories of a handful of SigEp volunteers, and I hope you understand the possibilities that exist with the involvement of our SigEp Heroes and Heroines. They commit time and energy into bettering the undergraduate experience, although they do not see it as a commitment, but as an investment. An investment that is repaid when an undergraduate brother looks them in the eye and says, "Thank you." You cannot begin to understand that value until you have volunteered with Sigma Phi Epsilon.

Fortunately there are some resources to assist you in getting started. If you have not visited the SigEp web site, do so as soon as you put this magazine on your coffee table. Visit *www.sigep.org/volunteering*. There you will find volunteer vacancies across the country. Each vacancy has a job description, so you know what is expected of a volunteer in that position. If you commit to that position, an email is sent to the appropriate District Governor, Regional Director and the Director of Volunteers. These individuals will help connect you with the existing volunteers for that chapter.

Below is the Fraternity's Statement on Relationships. It defines the role between the volunteer and the chapter, in accordance with our cardinal principles of Virtue, Diligence and Brotherly Love.

Statement on Relationships

"The duties of every Sigma Phi Epsilon are to remember his Oath of Obligation; to follow the teachings of the Ritual; to uphold Virtue, Diligence, and Brotherly Love for the betterment of himself and his brothers that our lives may bring everlasting glory to Sigma Phi Epsilon. Fulfill these duties in your daily life, and you will find your fraternal experience to be rich and rewarding for both you and your brothers."

The role of the alumnus and volunteer should be that of selfless service and often requires personal sacrifice. This role is not one of exploitation and self-gratification to the detriment of the undergraduate chapter and its membership.

Any inappropriate acts, including but not limited to, the purchase of alcohol by the volunteer for undergraduates; intoxication by the volunteer in front of undergraduates; advances or contact of a sexual nature between the volunteer and the undergraduates, regardless of initiation or consent; financial conflicts of interest; and criminal activity by the volunteer relating to or in front of the undergraduates, are grounds for immediate dismissal. Such self-indulgent acts and attitudes are directly contrary to the cardinal principles of Virtue, Diligence, and Brotherly Love.

The alumnus volunteer is subject to higher expectations and standards than those of the undergraduate membership. The very reason for providing mentoring, leadership, and volunteer involvement is to share talent and experience with the undergraduate brothers for the overall betterment of Sigma Phi Epsilon. Without Virtue in that relationship, it would merely be one of selfishness.

Look for more stories on SigEp Heroes in coming issues of The Journal.

"To enjoy the things we ought and to hate the things we ought has the greatest bearing on excellence of character."

— Aristotle, Nichomachean Ethics

The SigEp Network—A Chapter Directory

The following is a list of all 258 chapters in Sigma Phi Epsilon. A directory was published in the pages of every issue of *The Journal* until the late 1960s. It is our intent to publish this directory once a year to keep you connected with your home chapter or the nearest chapter to you. The directory contains the name and email address for the Chapter President, Vice President of Recruitment and Chapter Counselor. If there is no email address for the position, the directory lists only the name. Please note, most chapters elect a new set of officers in November. These new officers do not take over their positions until January of 2005. In the directory you will notice some chapters with SEC after the school name. An SEC is a chapter that is striving to charter.

Alabama Alpha - Auburn
Robert McNearney • Chapter President
mcnearo@auburn.edu
John Cottier • Chapter Counselor
cottijw@mail.auburn.edu

Alabama Beta - Alabama
Justin Mayfield • Chapter President
Garrett Grover • VP of Recruitment
grove009@bama.ua.edu

Alabama Gamma - Samford
Hiram Centeno • Chapter President
hacenten@samford.edu
Spencer Casalenuovo • VP of Recruitment
Andrew Pohl • Chapter Counselor
awpohl@bwwonline.com

Alabama Epsilon - Auburn - Montgomery
Joshua Blackwell • Chapter President
joshblackwell64@yahoo.com
Zachary Blackwell • VP of Recruitment
zblackwell@yahoo.com
Jacob Blackwell • Chapter Counselor
jakeblackwell@mindspring.com

Alabama Zeta - Huntingdon
Jonathan Thomas • Chapter President
rthomas@huntingdon.edu
Patrick Dean • VP of Recruitment
pdean@huntington.edu
Joel Brelsford • Chapter Counselor
joel@lwtkbk.com

Alabama Theta - Jacksonville State
Jonathan Butler • Chapter President
jsu1111k@student-mail.jsu.edu
Dayton Niehuss • VP of Recruitment
mogwai009@yahoo.com
Michael Rhodes • Chapter Counselor
mrhodes@southernco.com

Alaska Alpha - Alaska - Fairbanks
Timothy Hams • Chapter President
Benjamin Ortez • VP of Recruitment
fsbdo@uaf.edu
Ian Olson • Chapter Counselor

Alaska - Anchorage SEC
Daniel Merkouris • VP of Recruitment
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Evan Haupt • Chapter President
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Richard Dyson • Chapter Counselor
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Arizona Beta - Arizona
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J. Holmes • Chapter Counselor
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Michael Neher • VP of Recruitment
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Herbert Bullock • Chapter Counselor
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Arkansas Alpha - Arkansas
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Alfred Keller • VP of Recruitment
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George Stephens • Chapter Counselor
treystephens2002@yahoo.com

Arkansas Beta - Henderson State
Derek Turner • Chapter President
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Carl Abbott • VP of Recruitment
cabbott86@hotmail.com
Jay Goodwin • Chapter Counselor

Arkansas Epsilon - Arkansas Tech
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Jayme Smith • VP of Recruitment
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Arkansas Zeta - Central Arkansas
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Kyle Waring • VP of Recruitment

California Beta - Southern California
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Brian Gerhart • VP of Recruitment
John Adams • Chapter Counselor
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California Gamma - California - Santa Barbara
Jeffrey Newitt • Chapter President
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Dana Kennedy • VP of Recruitment
dek750@aol.com

California Delta - San Diego State
Dan White • Chapter President
Adam Djelmane • VP of Recruitment
Alexander Kim • Chapter Counselor
akim@san.rr.com

California Zeta - California State - Long Beach
Evan Crawford • Chapter President
evancrawford23@yahoo.com
Sean Doersam • VP of Recruitment

California Eta - California - Davis
Sean Sarsfield • Chapter President
srsarsfield@ucdavis.edu
Frederick Bendana • Chapter Counselor
fjbend@solutia.com
Nicholas Tiano • VP of Recruitment
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California Theta - California State - Sacramento
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David Britz • Chapter Counselor
dbritz@stient.com

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Colin Anderson • Chapter President
colin7@stanford.edu

California Rho - California-San Diego
Nicolas LaRosa • Chapter President
Kevin Chambers • VP of Recruitment
kfchambe@ucsd.edu
John Crotty • Chapter Counselor

California Sigma - California State - Northridge
Ruben Sanchez • Chapter President
Ru22SPE@aol.com
Harold Ellison • VP of Recruitment
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Sean Kargari • Chapter Counselor
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California Tau - Cal Poly - San Luis Obispo
Tyler Bertain • Chapter President
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Benjamin Hawkinson • Chapter Counselor
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California Upsilon - California State - San Bernardino
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Alberto Jaramillo • VP of Recruitment
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Geoffrey Bonney • Chapter Counselor
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California Phi - California State - Fresno
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sigep161@csufresno.edu
Thomas Weil • Chapter Counselor
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California Chi - Loyola Marymount
Travis Gabler • Chapter President
tagabler@lion.lmu.edu
Adrian Canzoneri • VP of Recruitment
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David Escobar • Chapter Counselor
descobart@hotmail.com

California Psi - Pepperdine
Seth Mitchell • Chapter President
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"Know Thyself."

— One of two guiding principles engraved on the Temple at Delphi in ancient Greece.

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"All Things in Moderation."

— One of two guiding principles engraved on the Temple at Delphi in ancient Greece.

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Chapter News

LIFE ACROSS THE USA

Ohio State, Cincinnati, Toledo, and John Carroll Are Leading…the Fight to End Hunger

Submitted by Matthew S. Marlowe, Ohio State '06

www.osusigep.com

May 23, 2004, started out just being another lonely, hungry Saturday for over 1,700 people in Ohio, but thanks to the efforts of The Ohio State University's chapter of Sigma Phi Epsilon, these tired souls were able to eat a free meal for the day. Fighting to End Hunger is nothing new to the men of Ohio Gamma. Now in its third year, The Fight to End Hunger is a service project put on by The Ohio State SigEps. **Christopher A. Kurz, '06**, **Matt S. Strasser, '07**, and **Brent J. Lehman, '07**, were the chairmen of the project this year. The idea started over 11 years ago in the kitchen of Guarino's Restaurant (Cleveland's oldest restaurant), by owner Nancy Phillips and only a few volunteers. Upon leaving for Ohio State, Nancy's grandson, **Scott W. Phillips, Jr., '05**, brought this project to his chapter brothers. In 2002, the Inaugural "Fight to End Hunger" was born in the basement of the SigEp chapter house. The brothers cooked over 1,000 meals and sent them to hunger centers in both Columbus and Cleveland. A similar project was conducted in 2003 with efforts nearing the 1,500 meal range.

In 2004 an even more ambitious project was executed, involving SigEps from three other chapters in the state. To help with the delivery of these meals, Sigma Phi Epsilon men from the University of Toledo, University of Cincinnati, and John Carroll traveled to Columbus to pick up the food and deliver it to sites in their respective cities. In the end over, 1,700 underprivileged people throughout the state of Ohio were treated to a free meal on May 23. Eighty-five men and women volunteered to make the meals. Through a $2,500 grant from The Ohio State University Undergraduate Student Government, the men of SigEp purchased large quantities of turkey, potatoes, beans, and rolls to send to soup kitchens and hunger centers around the state. Seventy-five members, an impressive 90 percent of SigEp's membership, participated in the cooking, packaging, or delivering of these meals.

SigEps work diligently preparing and delivering meals.

Syracuse Took a Shot in the Face for Charity

http://sigep.syr.edu/

There is something cathartic in hurling a rubber ball at a moving target, and it takes a certain level of dexterity to dodge that round missile. For the SigEps at Syracuse, this exercise in schoolyard bragging rights helped benefit the community during the second annual Dodgeball Tournament. At the end of the day when the last men and women were left standing, the chapter raised over $1,000 for Tuesday's Children, a charitable foundation promising mentoring and education for children left parentless after September 11. In addition to the registration fee, the SigEps acquired several corporate sponsors for the event. The mantra for the event, found on the T-shirts handed out for participants, was "Take a shot in the Face for Charity." Over 40 teams signed up to do just that, a sizeable turnout, which has led the chapter to consider holding another tournament later this year.

Andrew Cheston prepares for the next round.

After Tragedy in Iraq… Richmond's Erwin Safe and Finishing His Degree

www.student.richmond.edu/~sigep/

In the Summer, 2004, issue, *The Journal* reported that Brother **Scott R. Erwin, '04**, was shot four times in an ambush in Iraq. He was returning from teaching a class on democracy to the Iraqi youth when his SUV was blocked in an intersection and armed men began shooting. Two Iraqi police officers were killed, and Scott was saved when his translator pulled him out of the SUV. Miraculously, a shot aimed at his chest was deflected by a AAA battery that Brother Erwin was wearing behind his name tag. He was airlifted to Germany and then to Walter Reed Medical Center in Washington, D.C. Brothers from the Virginia Alpha Chapter were there to provide support. Today, he is back on campus at the University of Richmond, taking his final 13 hours to complete his degrees in Political Science, Public Economic Analysis, and Classical Civilization. He believed the reason for the attack was to prevent him from teaching democracy to the Iraqi people. The classes he started are still being held.

Ball State's Man of the Year

www.bsu.edu/web/sigep/

The Indiana Gamma Chapter is pleased to report that Brother **Benjamin A. Tietz, '05**, was recognized as the Man of the Year at the end of Greek Week in the Spring of 2004. In addition to Brother Tietz's accomplishments, the chapter was awarded Excellence in Scholarship and Excellence in Chapter Management.

Rochester's Garbage Plate Run

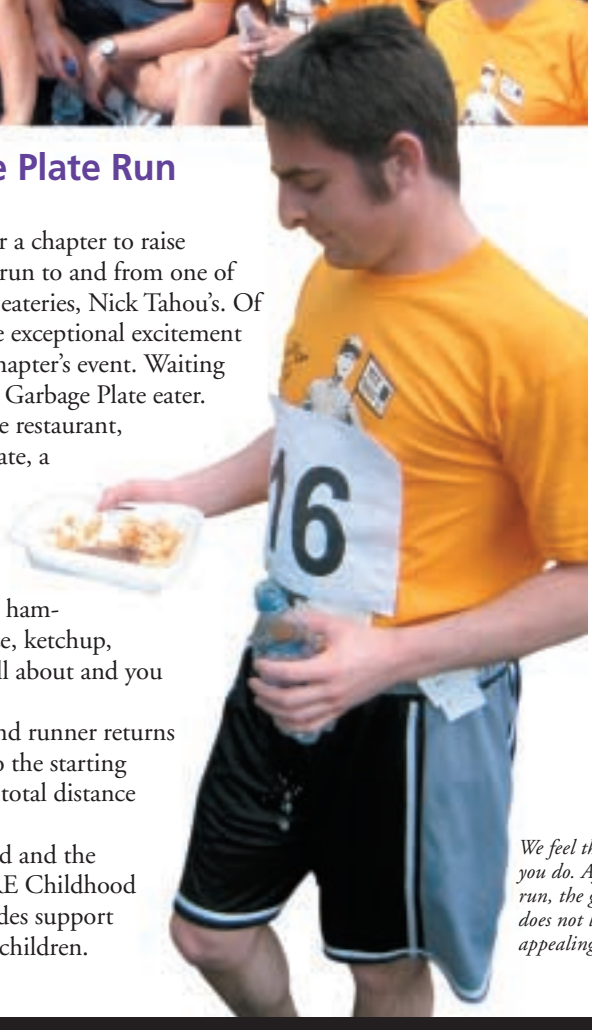
www.sigepnyxi.org

It is an unconventional way for a chapter to raise money for charity—have a relay run to and from one of Rochester, New York's landmark eateries, Nick Tahou's. Of course running is only half of the exceptional excitement surrounding the New York Xi Chapter's event. Waiting at Nick Tahou's is the designated Garbage Plate eater. When the first runner reaches the restaurant, the eater devours the Garbage Plate, a local delicacy.

According to **Luis E. Ortiz, '05**, the ingredients for such a vividly described dish includes, "home fries, macaroni salad, two hamburger patties, onions, meat sauce, ketchup, mustard, and hot sauce. Mix it all about and you have a garbage plate."

Once the plate is clean, a second runner returns to the steps of Wilder Tower, also the starting point, to complete the race. The total distance is 4.2 miles.

A total of 10 teams participated and the chapter raised $300 for the CURE Childhood Cancer Association, which provides support for families with cancer-stricken children.



We feel the same way you do. After a brisk run, the garbage plate does not look appealing.

SigEp's Top 30 in Undergrad Manpower

Based on the 2004 Periodic Membership Report (PMR)

	School	Manpower	Change from last year
1.	Oklahoma	169	+40
2.	Purdue	138	+2
3.	Florida	127	-13
4.	Tennessee	123	+15
5.	Illinois	122	+21
6.	Texas	118	+10
7.	Wisconsin	117	+12
8.	St. Louis U.	110	+6
9.	Central Florida	107	+13
10.	George Washington U.	103	+12
11.	Nebraska	103	-1
12.	Loyola Marymount	101	+3
13.	Dartmouth	100	+5
14.	Florida State	98	-12
15.	Cincinnati	96	+9
16.	Southeast Missouri St.	96	+5
17.	UCLA	93	+19
18.	Kansas	92	-16
19.	Northwestern	92	-5
20.	Kentucky	91	-1
21.	WPI	90	-3
22.	Michigan State	88	+13
23.	Bucknell	88	-4
24.	Eastern Illinois	87	+5
25.	Georgia	86	-4
26.	Kansas State	86	-9
27.	Oregon State	86	-12
28.	Missouri	85	-2
29.	Miami U.	84	+39
30.	Valparaiso	84	+12

Weak Performance Closes Three Chapters

The following chapters did not have a reported incident or series of behavioral problems that led to closure. Instead, these chapters were closed for consistent non-performance and refusal to accept attempts to help. In each case, low academics and manpower, along with high debt, led to the painful decision to close.

Pennsylvania Xi (Indiana University of Pennsylvania)

The chapter accrued a $16,000 debt with Headquarters and numerous efforts to establish a generous payment plan failed. In addition, the chapter's manpower fell to 16 men, below the minimum standard for manpower. Efforts to revitalize the chapter's recruitment were met with resistance. In the Spring of 2004, the chapter reported a 2.46 GPA. In the end, this chapter did not want to change and did not accept the help being offered by its alumni, volunteers, and Headquarters. The chapter is now closed.

Texas Phi (University of Texas-El Paso)

This chapter's debt topped $13,000, and while sporadic payments were made, the chapter's academics continued to fall well below minimum standards. In the Spring of 2003, the chapter reported 27 men with a GPA below the minimum standard of a 2.5. In Fall, 2003, the chapter had a GPA below the minimum standard with 22 men. Rather than continue a history of poor performance, Sigma Phi Epsilon closed the chapter.

West Virginia Epsilon (West Virginia Institute of Technology)

This chapter failed to submit its PMR for 2004, and its 2003 PMR reported nine men. The chapter's GPA fell to a 2.43 in the Fall of 2003, and it had a debt of $7,000. Repeated attempts by alumni, volunteers, and Headquarters were met with resistance. Left with no alternative, the chapter was closed.

Meetze, '30 addresses new members

Remember **Dr. George E. Meetze, South Carolina, '30**, from the summer issue of *The Journal*? At 95 years-old, he is the oldest living alumnus of the South Carolina Alpha Chapter. On August 23, 2004, he attended the chapter meeting and addressed the chapter and its new members. During his visit, the youngest brother of South Carolina **Ken Maeda, '08**, age 17, presented him with some gifts from the chapter.

Summer Recruitment Is a "Smash" at Wichita State

By Christopher S. Purdum, '07

www.kseta.org

Each of the past four summers have been spent getting off to a running start and signing the most quality men coming into the university while other fraternities on campus simply sit back and watch the chapter grow. The tactic: volleyball.

In 2001, **Curtis A. Richardson, '98**, **Andrew D. King, '01**, and **Luke D. Luttrell, '02**, came to the conclusion that a lack of programming existed for the chapter during the summer months, which was the prime time to recruit men into the chapter. They felt something was needed that many chapter brothers would enjoy and would help to bring in lots of men. Thus, the SummerSmash Volleyball League was formed. Once a week, it offers a guaranteed recruitment atmosphere where potential new members have the greatest opportunity to meet chapter brothers in a relaxed atmosphere while they play volleyball, barbecue and simply hang out.

"Out of the 27 members we have signed so far, nearly all of them had the chance to experience SummerSmash as part of the recruitment process," says **Christopher S. Purdum, '07**, Vice President of Recruitment for the chapter. "Our potential new members really get a feel for what life is like as a SigEp at WSU."

In addition to creating more recruitment opportunities, the league currently seeks to improve alumni and undergraduate relations. Approximately 20 alumni participate in SummerSmash. The league also conditions the intramural volleyball team, which has won the championship each year the league has been in place. This summer, the league had 14 co-ed teams, consisting of at least one player from each fraternity and sorority on campus. SummerSmash runs from the week after final exams in May until the tournament, which takes place the weekend before school begins in mid-August.

Ranking Chapters by 13 Criteria

an updated listing

By E. Scott Thompson, II,Southern Mississippi '99

The feature on chapter rankings in the last issue of *The Journal* caused a flurry of activity. Several emails, voicemails and letters were sent to Headquarters when chapters saw empty columns after their names. All information contained in the first rankings was compiled until the middle of April. One of the questions raised was who had the responsibility to submit information. In Spring, 2004, the Regional Directors solicited information from each chapter on Chapter of the Year, Student Body President, IFC President, intramural championships, and varsity athletes. Individuals who reported information were given credit.

The remaining information on academics, Buchanan Cups, lifetime members and years as a chapter were compiled based on Headquarters records. Is there room for improvement? Absolutely. Your feedback is welcome, and some of it has been taken into account for the next rankings. Our intent is to run this information in the summer issue of *The Journal*. Information will again be solicited in the spring.

The following is the information submitted since the rankings were released, and it shows how chapters have changed their positions. Look below and see where your chapter ranks!

Criteria	A	B	C	D	E	F	G	H	I	J	K	L	M	N	Total
America East															
New Hampshire	439	19	23		1										25
Drexel	91	5	18			1	1								22
Atlantic 10															
St. Josephs	366	15	24									1			26
Richmond	26	1452	99	15	1	1			1	1	1	1			26
Dayton	24	236	12	20				1				1			24
Atlantic Coast															
Miami	903	48	19	2	1			1	1	1	1		1	1	33
Atlantic Sun															
Jacksonville State	276	13	21		1		1					1	1	1	29
Stetson	856	55	16	6			1						1	1	29
Samford	171	12	14			1	1								18
Big 12															
Texas A&M	985	31	32	2								1	1	1	38
Big Sky															
Cal State-Northridge	315	14	23	1	1							1			28
Sacramento State	842	40	21	1	1	1							1		28
Big Ten															
Northwestern	362	13	28	2			1	1		1					36
Illinois	1809	93	19	2	1		1	1		1					29
Ohio State	1656	92	18	3	1					1					25
Iowa	1531	86	18	3		1									23
Big West															
Utah State	1005	62	16			1									18
California Collegiate															
Cal Poly-Pomona	573	23	25	2			1					1			31
Cal State San Bernardino	196	9	22		1										24
Centennial															
Johns Hopkins	1150	74	16	2			1			1		1	7	3	38
McDaniel	305	20	15										9	5	33
Colonial Athletic Association															
North Carolina-Wilmington	158	13	12					1							14
Conference USA															
Cincinnati	1383	54	26	11		1							1	1	41
St. Louis U.	343	15	23	2	1	1		1	1	1			1	1	37
Great Lakes Intercollegiate Athletic															
Michigan Tech	737	38	19	2	1	1	1								27
Mid-America Intercollegiate															
Truman State	719	23	31	3				1				1	10	2	58
Emporia State	1078	53	20	2		1									24
Mid-American															
Ball State	1751	51	34	4		1	1		1			1			46
Toledo	1276	53	24	5	1	1	1	1	1	1	1	1			45
Northern Illinois	907	32	28			1	1		1						34
SUNY-Buffalo	768	47	16	1											17

2003-2004

SigEp's Top Chapters of the Year

A title that is most coveted on campus, the following 27 chapters have been recognized as the top fraternity on their campus for the 2003-2004 academic year. Numbers in parenthesis indicate consecutive winning years.

California-Irvine
Cal State-Northridge
Cal State-San Bernardino
Carnegie-Mellon (4)
Colorado State
Eastern Illinois
Illinois
Jacksonville State
Lehigh
Michigan Tech
Monmouth
Morehead State
New Hampshire
North Dakota (4)
Northern Iowa (2)
Ohio State (3)
Pepperdine
Richmond (3)
Southeast Missouri State
Southern Methodist (2)
Southwest Missouri State
St. Louis U. (2)
Toledo
U. of Miami (2)
U. of San Diego
Wichita State (5)
Wisconsin-Platteville

Criteria	A	B	C	D	E	F	G	H	I	J	K	L	M	N	Total
Missouri Valley															
Wichita State	921	44	21	3	1				1			1			30
Evansville	1047	49	21	4									1	1	27
Bradley	1095	55	20	1									2	1	25
Mountain West															
Colorado State	2214	88	25	1	1					1	1				32
Ohio Athletic															
Baldwin-Wallace	999	56	18						1				5	3	30
John Carroll	64	3	21						1				3	2	29
Ohio Northern	1753	99	18				1				1				22
Ohio Valley															
Eastern Illinois	421	11	38	3	1		1		1		1				49
Morehead State	670	33	20	1	1	1	1		1		1		3	3	37
Pacific-10															
Oregon State	1894	86	22	17	1				1			1	1	1	47
Southeastern															
Louisiana State	430	29	15			1									17
Southland															
Texas-San Antonio	412	25	16			1			1		1				22
University Athletic Association															
Carnegie-Mellon	311	16	19	2	1	1		1		1					29
West Coast															
Pepperdine	181	6	30	2	1		1	1					1	1	40
SigEp League															
Great Lakes East															
Lawrence Technological	345	32	11	4			1				1				19
Detroit	740	47	16	1											17
Deep South															
Loyola	400	20	20	1		1			1		1				27
Southeast															
Huntingdon	320	25	13	4			1	1	1	1			1	1	27
Lower Northeast															
Rider	93	2	47			1	1		1		1				55
Salisbury	114	3	38								1	1			42
Thiel	854	55	16			1							12	8	42
Bucknell	1291	57	23	4				1		1		1	2	2	37
Great Lakes-West															
Monmouth	927	55	17	12	1				1		1		2	2	39
IIT	936	55	17	1					1				9	4	38
Wisconsin-Platteville	106	7	15		1	1			1		1				23
Indiana Tech	529	40	13	2					1		1	1			21

Criteria/Weight Key: A=Lifetime Members/0 • B=Years as a Chapter/0 • C=Lifetime Members divided by the years as a chapter/1 • D=Buchanan Cup/1 • E=Chapter of the Year/2 F= Student Body President/2 • G= Interfraternity Council President/2 • H=Chapter was in the Phi Beta Kappa Wheelhouse for the Fall of 2002/2 • I=Chapter ranked number one in GPA for the Fall of 2002/2 • J=Chapter was in the Phi Beta Kappa Wheehouse for the Spring of 2003/2 • K=Chapter ranked number one in GPA for the Spring of 2002/2 L=Chapter ranked number one in intramural championships/2 • M=Number of Varsity Athletes in the chapter/2 • N=Number of different Varsity Sports represented/0

September, 2004

Dear Members and Friends of Sigma Phi Epsilon:

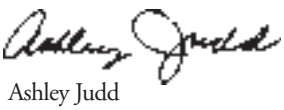
Being a student at the University of Kentucky and living during my freshman year in the Kappa Kappa Gamma house provided me with one of the most rewarding college experiences. I wanted to become a Peace Corps volunteer and live in a jungle in a remote part of the world. I knew that my true passion was being an activist. Unfortunately, life took me to another jungle—Hollywood.

This summer, YouthAIDS gave me an opportunity to spend two weeks in Southeast Asia and visit our programs in Cambodia and Thailand. I visited brothels, orphanages and AIDS hospices where people spend their last moments and die in dignity. I met with young children who were orphaned by losing both of their parents to AIDS. I met a young girl who, at age 12, was taking care of her little brother. They also were AIDS orphans. I cried because I realized that there are AIDS orphans not only in Cambodia and Thailand but also in the United States.

Unfortunately, AIDS is not a cause. It is truly an emergency. That is why I am so honored to be the YouthAIDS Global Ambassador and grateful to have you fighting the battle against AIDS with me. When Sigma Phi Epsilon partnered with YouthAIDS in 2003, I knew that together we were going to make a difference. Today I am proud to report that SigEp chapters around the country have educated thousands of college students about HIV/AIDS and the global need for education and prevention. SigEp chapters at UCLA, University of Cincinnati, UNC-Chapel Hill, and other colleges have raised close to $15,000 for YouthAIDS programs. **With YouthAIDS needing only $10 to educate one young person for a whole year, you have provided resources for 1,500 children.** Just imagine…that might be one whole high school in the United States or one whole village somewhere in Africa. Because of you and other YouthAIDS supporters, children in over 60 countries are receiving our messages. They are empowered to lead healthier and safer lives.

Thank you for standing up with me and speaking for those who need us the most.

Love,



Ashley Judd
YouthAIDS Global Ambassador
P.S. Don't forget that World AIDS Day is on December 1.

One Night in June

Submitted by Ryan P. Quigley, George Washington '06

Most mornings we SigEps wake up thinking how we are going to change the world. On a Tuesday in June, we actually did. The film "De-Lovely" premiered in Washington, D.C. as a fund raiser for YouthAIDS. SigEps from George Washington University and Christopher Newport University volunteered to help run the movie premiere. The brothers ran the theater. I ripped tickets, some escorted guests to their seats, and others greeted the sold-out crowd. Before the screening, actress and activist Ashley Judd spoke about the staggering statistics of young people infected with AIDS. The message was clear—YouthAIDS is an organization anyone can access to fight the AIDS epidemic. Later on in the night, D.C. Alpha member **Trevor R. Martin, George Washington '05**, accepted a check from Kiehl's Since 1851 in support of the SigEp/YouthAIDS partnership. He said, "As a chapter, we hope to be active members of the partnership and educate our peers on campus and raise funding and awareness for YouthAIDS prevention programs." The night was a great first step. **R. Grayson Geer, George Washington '06,** said it best, "It was an awesome night; fun with guys while raising money and awareness for a very important cause."

Trip for Two to LSU

At Oregon State University, a unique idea raised $2,121 for YouthAIDS. Philanthropy Chair **Michael J. Powers, '07**, helped put together a raffle of two tickets to the Louisiana State University vs. Oregon State University Football Game—"Trip for Two to LSU." Unfortunately, the game did not go as well as the fund raiser. Oregon State lost the game!

Members of New York Gamma at the Kiehl's, located in New York's East Village.

24 Hours Later in New York City

Submitted by Sasa Nikolic, George Washington '03

www.youthaids.org/sigep

Beginning at 8:00 a.m. on April 29 and ending at 8:00 a.m. on April 30, Kiehl's Since 1851, one of YouthAIDS' most devoted global partners, held its first ever "Treadathalon" to raise money for YouthAIDS programs around the world. The event drew hundreds of New Yorkers who were awed by the energy and determination of Christopher Bergland and Dean Karnazes to break the Guinness World Record for the longest distance run on a treadmill in 24 hours. The New York Gamma Chapter at New York University made a donation of $1,000 in honor of Christopher and Dean, and volunteered throughout the day at the Kiehl's store making sure that both runners were still going. Twenty-four hours later, Christopher Bergland broke the Guinness World Record for most miles logged on a treadmill in 24 hours—153.76 miles.

"Volley-palooza" on St. George's Island

In a state where most of the activities involve sun and the beach, Florida State SigEps hosted its first annual "Volley-palooza" on St. George's Island, gathering brothers and members of different sororities. The event raised over $500 for

Trevor Martin accepts a donation from Kiehl's Since 1851 with Bill Rancic, winner of "The Apprentice;" Philip Clough, President of Kiehl's; Ashley Judd, and Kate Roberts, Founder and Director of YouthAIDS.

YouthAIDS and was featured in Florida State's school newspaper.

For more success stories, visit the News Section at www.youthaids.org/sigep.

Message Reaches Oregon and Oregon State

Members of Delta Gamma Sorority at the SigEp's Bowl-a-Thon at the University of Oregon.

Both SigEp chapters in Oregon raised HIV/AIDS awareness and funding for YouthAIDS. With the help of University of Oregon sororities, SigEps organized a Bowl-A-Thon and barbecue to spread the YouthAIDS message. Brother **Stephen Weeks, '06**, organized the event and helped contribute over $500 to YouthAIDS with a hope to continue supporting our programs throughout the fall semester.

Annual "SlugFest" Rocks UNC-Chapel Hill

In its 22nd year of existence, the annual "SlugFest" at the University of North Carolina-Chapel Hill gathered students for a beach concert that raised close to $6,000. The donation was given to YouthAIDS and Orange Crisis Rape Center located in North Carolina. **Jeffrey W. Coats, '05**, wrote "We were very excited to contribute this amount of money to both organizations." The exciting line-up of bands included Last Minute, Moossa, Doug Clark's Hotnuts, Two Step, and Virginia Coalition as the headliner of the night. With its donation to YouthAIDS, the chapter provided HIV/AIDS educational materials for 300 young people.

Oldest Football Rivalry…

…west of the Alleghenies, the Battle for the Victory Bell is played each year between the University of Cincinnati and Miami University. Before the game this year the University of Cincinnati SigEps hosted their brothers from Miami University at the chapter house. Cincinnati won the football game.

SigEp Registers Our 251,000th and 252,000th Brothers

Nick Nealon, Nevada-Reno '08, is our 252,000th lifetime brother. He is originally from Santa Cruz, California, and is a theater major. Growing up he was active in baseball and played 11 seasons. Throughout high school, Brother Nealon starred in nine theater productions and knew that would be a lifetime passion. Nick has the opportunity to act in Shakespearian theater while studying abroad in England. He joined SigEp at the University of Nevada-Reno based on the chapter's reputation for being involved in student government, competitive in sports and having the highest GPA. "Education is very important to me and it is great to see how dedicated my chapter is to having a high GPA," he said. He is excited to be SigEp 252,000. According to Nick, "For me, that means 251,999 other SigEps have come before me and share the same values as I."

Jason M. Wisneski, Wisconsin '07, our 251,000th lifetime brother, hails from outside of Appleton, Wisconsin. He is a consumer science major with a 3.13 GPA. In high school, he played football and ran track. Jason graduated with 114 students and wanted to experience the diversity of a large campus. He joined SigEp in the spring semester of his freshman year after participating in the spring recruitment week. His hobbies include snowboarding and wakeboarding. His honor put the Fraternity in perspective for him. "You are so focused on your own university and your own chapter that you don't think of the Fraternity in a global sense. I was surprised when I heard about my number."

SigEp's Top 30 Total Lifetime Members

	Name	No.	Change from last year
1.	Florida	2,561	—
2.	Texas	2,424	—
3.	Purdue	2,409	—
4.	Nebraska	2,259	—
5.	Colorado St.	2,226	—
6.	Auburn	2,086	—
7.	Tennessee	2,019	—
8.	Indiana	1,962	—
9.	Oregon St.	1,896	+1
10.	West Virginia	1,881	-1
11.	Oklahoma St.	1,852	—
12.	Delaware	1,848	+2
13.	Illinois	1,835	+3
14.	Kansas St.	1,832	-1
15.	Washington	1,824	-2
16.	Michigan	1,798	-1
17.	Colorado	1,776	+1
18.	Kansas	1,772	-1
19.	Ohio Northern	1,758	—
20.	Ball St.	1,753	—
21.	Missouri	1,722	—
22.	So. California	1,692	+1
23.	Miami U.	1,689	+2
24.	Arkansas	1,673	—
25.	Washington St.	1,671	-3
26.	Ohio St.	1,660	—
27.	Oklahoma	1,656	+3
28.	North Carolina St.	1,644	+1
29.	Syracuse	1,641	—
30.	Iowa St.	1,640	-2

LSU Student Body President Brad Golson works in his office with Sophomore Senator and Chi Omega member Lindsey Landry.

LSU's Back-to-Back Student Body Presidents

By Scott L. Sternberg, LSU '06

SigEp chapters throughout the nation struggle with campuses that do not support Greek student body presidents. For the SigEps at Louisiana State University, letting that be an excuse was not an option.

Former LSU Student Body President **Allen M. Richey, '04**, joined SigEp after chapter members decided to expand their recruitment efforts beyond just incoming freshmen. Already a friend of many chapter members, Richey was the non-Greek candidate when he was elected as student body president, but when approached with the ideals of SigEp by friends and co-workers, he made a decision that stopped a long line of non-Greek student body presidents. Toward the end of Richey's term, chapter members were already gearing up to start a campaign to put another SigEp in office, Brother **J. Bradley Golson, '05**.

It was at the encouragement of chapter members, including Richey, that Brother Golson decided to run for student body president in the Spring of 2004. He had been an active member of the chapter since joining his freshman year. During his first three years, he built up quite a résumé.

While serving on the chapter's Executive Board for two years, Golson was named the 2003 Greek Man of the Year at the annual Greek Awards and in 2003 was selected as the chapter's "No. 1 Brother" by the Louisiana Beta Alumni and Volunteer Corporation. Golson also participated in many other extracurricular leadership activities that garnered the chapter attention from both the Greek community and the campus in general.

By the fall of 2003, Golson was heavily involved with LSU's Student Government, he had served as the president of the freshman college and now was on the executive staff for Brother Richey.

Golson said that the few weeks of campaigning was one of the toughest times of his life, and chapter brothers such as **Patrick L. Downs, '04**, and **Christopher A. Lebeuf, '06**, often woke up in the mornings before he did to prepare for the day's campaigning.

Golson ran the campaign, aptly titled "The New Balance," out of the fraternity house, where he had been living for two years, and often spent late nights and early mornings working on campaign material with involved brothers.

All the hard work paid off on March 24 when Golson won a landslide victory, defeating three opponent tickets and receiving more than 50% of the vote, sealing the highest student office at LSU without a runoff for the first time in more than a decade.

But after winning the election, Golson said it was time to buckle down and represent the student body and the Fraternity that had put him in such a respected position.

He said that his experience on the Fraternity's executive board was instrumental in his handling of the new office.

"On exec, I was challenged with almost every decision I made by the same people I lived with and saw everyday. I quickly learned that I had to face adversity head on and stand strong in my decisions," Golson said. "I learned too a great lesson of personal accountability and how important that really is in a leadership position."

In the summer of 2004, Golson was elected by his fellow student body presidents in the Louisiana State University system as the student representative to the LSU Board of Supervisors, which oversees the entire LSU system of schools throughout the state.

Golson's involvement around campus has helped create a better image for SigEp at LSU, and having a brother in that type of position, chapter members say, was well worth the work.

SigEp's Student Body Presidents

Numbers in parenthesis indicate consecutive years. Note: Brothers **John L. Dougherty, Drexel '05**, and **Benjamin A. Tietz, Ball State '05**, are listed under the Interfraternity Council Presidents. In both cases the elections for Student Body and Interfraternity Council are at different times in the academic year and these Brothers were elected to both positions.

Guy M. Beeman, Jr., Toledo '04 (2)
Duke DiStefano, Utah State '04
John L. Dougherty, Drexel '05
Damon A. Garcia, Texas-San Antonio '05
Geoffrey M. Gerling, Missouri-Kansas City '05 (2)
Michael Giles, Samford '05
Daniel I. Gilman, Carnegie-Mellon '04
J. Bradley Golson, LSU '05
Drew M. Gulley, Drake '05
Alan F. Halfen, Wisconsin-Platteville '06
Craig A. Marcus, Northern Illinois '05
Jason W. Marion, Morehead State '04
Philip V. Ribeiro, Michigan Tech '06
Nicholas A. Sarcone, St. Louis '04
Justin D. Shafer, Cincinnati '05
Benjamin A. Tietz, Ball State '05
Ryan R. Van Arnam, U. of San Diego '04
Mark E. Waier, Loyola Marymount '04 (2)
Tyler B. Wray, Emporia State '06
Michael P. Yellin, Muhlenberg '06

SigEp's Interfraternity Council Presidents

Numbers in parenthesis indicate consecutive years.

Bernal J. Atkins, Morehead State, '04
Collier P. Black, Stetson, '05
Hiram Centeno, Samford '05
Robert T. Dizon, Cal Poly-Pomona '06
John L. Dougherty, Drexel '05
Gavin Daly, Drake '05
Bryce G. Gilleland, California-Irvine '06
Kirk L. Henderson, Pepperdine '06
Mitchell D. Holzrichter, Northwestern '06
Faryl B. Kagan, Oregon '05
Alexis J. Lee, Michigan Tech '04
Joshua J. Meyer, Northern Iowa '04 (2)
Nicholas J. Olenec, Illinois '05
Nickolaus C. Pinaire, Eastern Illinois '05
Richard M. Reynolds, Jacksonville State '05
Jacob A. Rotherham, Susquehanna '06 (2)
Stephen J. Studer, Toledo '04
J. Render Thomas, Huntingdon '04
Benjamin A. Tietz, Ball State '05
Thomas Zipser, Johns Hopkins '06

SigEps in Active Duty

Stories continue to reach Richmond of SigEps serving overseas or recently finishing their tour of duty. Here is a brief listing of brothers and their duties.

Florida Epsilon, Florida State

U.S. Army Captain **Sean R. Pirone, Florida State '93**, is the commander of Headquarters Detachment, 1st Special Warfare Training Group (Airborne) at Fort Bragg, North Carolina. He assumed command in May, 2004, shortly after returning from five months in Iraq, where he served in the 325th Airborne Infantry Regiment of the 82nd Airborne Division. Prior to deploying to Iraq, he served in Afghanistan as the Deputy Intelligence Plans Officer for CJTF-180. Captain Pirone's past assignments include over four years in the 10th Mountain Division at Fort Drum, New York, as well as an eight-month deployment to Bosnia and a year at Osan Air Base, Korea, where he served in the 3rd Battlefield Coordination Detachment.

California Zeta, Long Beach State

Warrant Officer **Kyle R. Kazak, Long Beach State '00**, enlisted in the U.S. Army in 2001 after serving with the Tustin Police Department in California. Today he flies Apache helicopters and is based at Camp Eagle in South Korea.

Washington Gamma, Eastern Washington

Spc. **Andrew J. Peneton '07**, is serving in the Washington National Guard. He is with the US Army in the 1st Cavalry Division Baghdad. Brother Peneton was called to serve in the Middle East for the second time in his Army career while in the middle of the Fall, 2003, term. He deployed with the Oregon National Guard in 2002.

The SU-23 Frogfoot plane and many others were captured when the 82nd Airborne Division, seized Al Taqaddum airfield. Left to Right: Brothers Box, Magee and Normand.

Michigan Beta, Western Michigan

Lucas A. Freudenburg, '05, a senior airman for the 110th Fighter Wing based in Battle Creek, Michigan, was recently named Michigan Airman of the Year for 2003. Prior to his state honor, Brother Freudenburg was named Airman of the Quarter by the Air Force National Guard of Battle Creek and later named Airman of the Year by that same division.

He joined the Air National Guard in July of 2001. After training, Lucas enrolled full-time at WMU and reported one weekend a month and two weeks a year for his military duties. In March, 2003, he was sent overseas in Operation Southern Watch and Operation Iraqi Freedom. He went to Kuwait and worked on the maintenance squad preparing ammunition and assembling bombs and missiles for fighter jets in Iraq. Lucas is now being considered for National Airman of the Year.

Triple Majors

Three majors in the 82nd Airborne Division serving in Western Iraq learned they are all SigEps. **John E. (Ed) Box, Southern Illinois-Carbondale '90**; **Michael P. Magee, Baker '81**; and **Craig T. Normand, Davidson '90**; all work in the same office and in discussing college experiences discovered their common bond. The three have been in Iraq since September, 2003, as part of Operation Iraqi Freedom.

"O tolmon nika."
He who dares, wins.
— Spartan Military Saying

Past Grand President Hasenkamp and the President's SigEp Press Secretary

By Bruce H. Hasenkamp, Dartmouth '60

"SigEp is one of life's tremendous experiences."

That is how Presidential Press Secretary **Scott K. McClellan, Texas '90**, summed up his fraternity life during a conversation in the White House with Past Grand President Bruce Hasenkamp.

"I believe strongly in the importance of always striving for high ideals and a balanced life," Brother McClellan declared. "The SigEp experience under the Balanced Man Ideal, provided much more than those in other fraternities are able to experience. SigEp teaches you to shape your mind and body and to build lasting friendships. I know my personal experience in SigEp helped shape who I am for the better and develop many of the leadership skills that I use every day working for the President."

"And I cannot speak enough about the many wonderful SigEp role models in leadership positions in both the public and private sectors. They were enormously important to me as an undergraduate and young alumnus."

Left to right: Bruce H. Hasenkamp, Dartmouth '60 and Scott K. McClellan, Texas '90

Brother McClellan, who served as the Texas Chapter Counselor in the mid '90s, came away from the 1989 Conclave dedicated to making a positive change in his chapter and in the fraternity experience the Texas Alpha Chapter gave young men on the Austin campus.

After graduation, he became active in Texas politics, serving as Chief of Staff to a Texas state Senator, working on grassroots outreach for lawsuit reform in Texas, and managing three successful statewide campaigns—for his mother, who was Mayor of Austin, Texas, in the 1970s and is now Comptroller of the state. "She ran for re-election as Comptroller in 2002 without my help—and the result was a landslide, statewide, ticket-leading victory," Scott noted in a bit of self-deprecation.

In 1999 Karen Hughes recruited Brother McClellan to be then-Governor George W. Bush's Deputy Communications Director. He was Traveling Press Secretary for the Bush-Cheney 2000 Presidential Campaign and Principal Deputy Press Secretary after President Bush entered the White House in January, 2001. He succeeded Ari Fleischer as Press Secretary last summer.

SigEp is also a McClellan family affair. Scott's brothers **Mark, '84**, former Commissioner of the Food and Drug Administration and currently Director of the Center for Medicare and Medicaid Services, and **Bradley, '87**, now an Austin lawyer, are also Texas Alpha alumni. Scott, the youngest of four, said, "It was really special to share part of my SigEp undergraduate experience with my brother Brad." Their brother Dudley, Bradley's twin and also an Austin lawyer, attended Harvard, which, as noted by Scott, "is not yet graced by a SigEp chapter."

Scott is a newlywed, marrying wife Jill ("and simultaneously adopting her two dogs and three cats") on November 22, 2003. They and the dogs and cats reside in Arlington, Virginia.

Steven L. Eppinger and Ralph A. Petti

NYU and Rutgers Brothers Partner with Ownersite.com

By Steven L. Eppinger, NYU '91 and Ralph A. Petti, Rutgers '78

The Balanced Man Ideal extends far beyond the undergraduate world. **Steven L. Eppinger, NYU '91**, and **Ralph A. Petti, Rutgers '78**, are two examples of brothers who come from different generations, backgrounds and even geographics, yet embody the principles of this program in every day of their lives.

Steve and Ralph met over 10 years ago while hopping from tradeshow to tradeshow for their respective employers. Though their early meetings were brief, it took only a few minutes for them to determine they were both SigEps (Steve's father-in-law is **Raymond P. Lanzilotta, Rutgers '64**, also a SigEp). They both have a passion for cars and a drive to be successful. While Steve has been a technology aficionado for most of his career, Ralph has been a sales and marketing professional.

In 2000, Steve launched Ownersite.com, a valuable offering that allows car owners the opportunity to increase the safety, reliability and value of their vehicles. Ownersite.com is a web-based application that includes everything from educational and

money-saving tips on vehicle maintenance, to preventive service reminders and recall information, to comprehensive expense, maintenance and vehicle detail tracking tools. In 2001, Ownersite.com was named an "Incredibly Useful Site" by *Yahoo! Internet Life Magazine*.

Ralph became a key member of the Ownersite Technologies Advisory Board in 2002 when a local credit union expressed an interest in the product. Steve asked Ralph to represent the company during the sales process. Since that time, he has filled the critical and ongoing role of extending the products beyond their consumer-oriented roots with an effective sales and marketing message for credit unions and automotive service providers.

Today, Steve balances the demands of running his own startup company in the Atlanta area with the pleasures of spending free time with Christine, his wife of eight years, and Brett, their two-and-a-half-year-old son. Ralph and his wife, Marie, and their children, Rob and Laura, recently hosted the 25th Reunion for Rutgers' SigEp alumni at their home. It was a wonderful event that attracted nearly 60 attendees for the first such reunion of the classes of 1978-1981. The Rutgers SigEp 26th Reunion is planned for this November 11-13 in Tampa, Florida, over the Veterans Day weekend.

In addition, Ralph was named by *New Jersey Countryside* magazine as one of "Six New Jerseyans We're Proud to Know" in the current issue for his leadership as the Chairman of the "Relay For Life" event, hosted by The American Cancer Society. He is a 10-year survivor of that disease.

As a way of giving something back to the SigEp community, Ownersite Technologies has extended a special discount to all SigEps and their families. For more information, please visit *www.ownersite.com/sigep*.

Indiana SigEp's Company Earns Eight Emmys

Michael J. Husain, Indiana '87, in his studio

As founder and owner of Pathway Productions, **Michael J. Husain, '87**, has grown the firm from a one-person office operating out of his basement to a 25-person, nationally honored media production company in eight years. Michael started his TV career as a General Assignment Reporter for WAVE-NBC in Louisville, Kentucky, then as an Associate Producer with Oregon Public Broadcasting in 1990. He then made stops at Bill Kurtis Productions in 1991 and Towers Productions in 1993 as a Staff Writer and Producer. Michael honed his writing and production skills creating documentaries for The History Channel, HGTV, The Learning Channel, The Discovery Channel, PBS, A&E and ESPN. In the past year, Michael has created more programming for The History Channel, Discovery and Discovery Health as well as its second full season of The New American Sportsman for ESPN. Pathway's work has been recognized with eight National Emmy Awards, four Addys, two Communicator Awards, and a Telly Award. The other part of business for Michael is using his storytelling skills to develop corporate videos, CD-Roms, DVDs and web sites for a myriad of local and national clients.

With all of this success, Michael was honored by being selected into the 2001 class of The Indianapolis Business Journal's "40 under 40," and is a member of the *Who's Who in American Business*. Brother Husain graduated from Indiana University in 1987 with a degree in Telecommunications and Political Science. He has been happily married to his wife Tanya for seven years. Together they have two wonderful daughters, Kenna (5), and Avalon (4), and a son, Sawyer (1). They currently reside in Indianapolis.

National Broadcast Credits
(a partial listing)

ESPN — *SportsCentury*
Mario Andretti
A.J. Foyt
Dick Butkus
Richard Petty
Brian Piccolo
Al Unser, Sr.
Rick Mears
Bud Wilkinson
Maurice Stokes

The Discovery Channel
Crying Wolf
Crying Wolf, Part 2, Munchausen by Proxy
Crying Wolf: The Mysterious World of Munchausen Syndrome
Nature's Invisible Killer

The History Channel — *History Lost & Found*
Tales of the FBI: Operation Solo
The Lost Squadron

HGTV
Extreme Homes

A&E — *American Justice*
Outlaws
To Catch A Killer
Hot Pursuit
Bounty Hunters
Murder in the Family
Cop Killers
L.A.P.D. Undercover
Witness Protection
Godfathers V. The Law
Private Eyes
Reginald Denny: Jury Under Siege
Cops on Trial
Lorena Bobbitt: Women and Violence
KKK: Hate Crimes in America
Vigilante Justice
Dahmer

Speaking of Emmys...

Tracy Droz Tragos, daughter-in-law of Past Grand President **William G. Tragos, Washington U. in St. Louis '56**, won an Emmy in June. Her film, *Be Good, Smile Pretty*, was recognized as the top documentary.

Flying high with Timothy Matson

Lt. Col. Timothy Matson is a mission operations duty officer with the USAF, which doesn't sound all that extraordinary until you learn that his mission is to pilot Air Force Two. In addition to the Vice President, Tim and his crew fly the First Lady, the Secretary of State, the Secretary of Defense, and "a myriad of other senior government officials" around the country and the world. Tim also does "advance" work for Air Force One. He travels in advance of the President and works with the White House Staff, the Secret Service, and local officials to get airports ready to receive Air Force One.

Tim's story with Colorado Gamma is also out of the ordinary. Tim is from Colorado Springs and started CSU in the fall of 1982, joining SigEp the following spring. At the end of that semester, Tim went on active duty, and completed his degree at the Air Force Academy in 1987. "I returned to CSU and the Fraternity house every chance I had…and, except when CSU plays the Air Force Academy, I'm still a Ram fan."

Secretary of State Colin Powell with Matson

Piloting Air Force Two is Tim's last assignment before he retires in three years, and begins a second career. He is currently stationed at Andrews Air Force Base outside Washington, DC, and while his wife Lori, son Ryan (4) and daughter Julia (20 months) enjoy living in Maryland, they can't wait to move back to Colorado.

Timothy Matson with Lori, son Ryan and daughter Julia, boarding Air Force Two

IN MEMORIUM

Following is a listing of SigEps who have passed away in recent months. It is our chance to remember those brothers who, through their death, have reminded us that life is transitory.

Our lives contain opportunities to grow and better ourselves and those around us. As SigEps, we are called to make the most of these precious moments; for once gone, their opportunities are beyond recall.

In the ceremony installing new officers it says, "Well done, thou good and faithful servant; thou hast been faithful over a few things: I shall make you a ruler over many things."

Alumni

G. Richard Brown, Oklahoma State '50

George H. Decker, Arizona State '69

Jeptha F. Futrell, Jr., Arkansas State '56

Ryan M. Hale, Lynchburg '00

Brian E. Hoffman, Texas-San Antonio '99

Glenn L. Kappelman, Kansas '48

Calvin S. Koon, U. of Cincinnati '55

Tony D. Laux, IPFW '98

Richard H. MacLeod, Boston U. '58

Robert H. Masterson, Miami U. '50

Ken Miles, Vincennes '85

Daniele E. Nanna, Cal St.-San Bernardino '99

Washington T. Porter, Purdue '33

Wayne H. Reynolds, Purdue '48

Patrick J. Russell, Boise State '82

Gerald A. Schneider, UVA '66

Ray D. Siehndel, Emporia State '69

J. Ray Stanford, Georgia '72

Robert J. Swindell, Indiana State '54

William T. Todd, Jr., South Carolina

Gary L. Watkins, Texas-Austin '69

James H. Wood, Sr., Texas Christian '55

Undergraduates

John Paul Krupa, Moravian '05

Brandon S. Mason, Salisbury '06

"It is not living that is important, but living rightly."

— Socrates

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Construction Begins on K-State's $2.6 Million Chapter House Renovation

Artist's rendering of the proposed Kansas Beta Chapter house

Size:
16,650 sq. ft.

Capacity:
67 brothers

The renovation is progressing nicely according to project manager Rex Garrelts '69

Brothers of Sigma Phi Epsilon,

It all began in 1995 when a small group of alumni came to understand the desperate need for a renovation of the house and the need to bring the chapter up to a level of performance in keeping with the SigEp tradition. **John R. Jury '53**, **Daryl A. Becker '58**, **Douglas D. Scheibe '87**, and myself, began to take the appropriate action. In an effort to strengthen both the physical house, as well as the undergraduate chapter, an agreement was made between the chapter and our alumni group. We challenged them, "When you build a strong chapter, then we'll build you a strong chapter house." The undergraduates accepted this challenge, and in 2001 they received the Buchanan Cup at the Conclave.

L to R: Future Purdue Head basketball coach Gene Keady, '58, and Bayer Corporation executive George Laddish, '58, at the Golden Heart Ball in 1956.

Upon hearing this, Jack, Daryl, Doug, and I began the process of conducting a capital campaign and recruited **Warren C. Pray '69**, **Michael J. Harders '92**, and Honorary Chairman Brigadier General **James D. Latham, '68**, to serve with us on the Campaign Steering Committee. After the initial success of raising over $900,000, we quickly realized the only way to achieve our goal of $2.6 million was to recruit more volunteers to assist us in contacting each and every Kansas Beta alumnus. We were joined in the effort by **K. Duane Cousins '55**, **Duane M. Stoskopf '54**, **Richard A. Payne '57**, **John P. Ayres '68**, **Galen O. Norby '71**, **Steven M. Stoskopf '82**, **J. Scott Jury '86**, and **Aaron J. Clark '99**, as we implemented the Era/Class portion of our campaign.

Thanks to their efforts and all of our volunteers, the Brothers Together—Building a Future campaign has now raised over $1.9 million with its sights set on meeting the project goal of $2.6 million. Along with the Campaign Steering Committee and our valued volunteers, we thank all alumni who have committed their time and financial resources, including those SigEps from other chapters who have supported our campaign.

Kansas Beta is reaching greatness never seen before in its history. As Winston Churchill said, "The price of greatness is responsibility." The chapter members accepted their responsibility, and on behalf of our alumni we are proud to have accepted ours.

Fraternally,

A.J. Scribante '56
Campaign Chairman

Kansas Beta '64-'65 pledge class

To make a contribution to the Kansas Beta Chapter house renovations, write to:

Kansas Beta Chapter
of Sigma Phi Epsilon
P.O. Box 25293
Overland Park, Kansas 66225

Sigma Phi Epsilon Alumni Association
P. O. Box 1901
Richmond, VA 23218-1901

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